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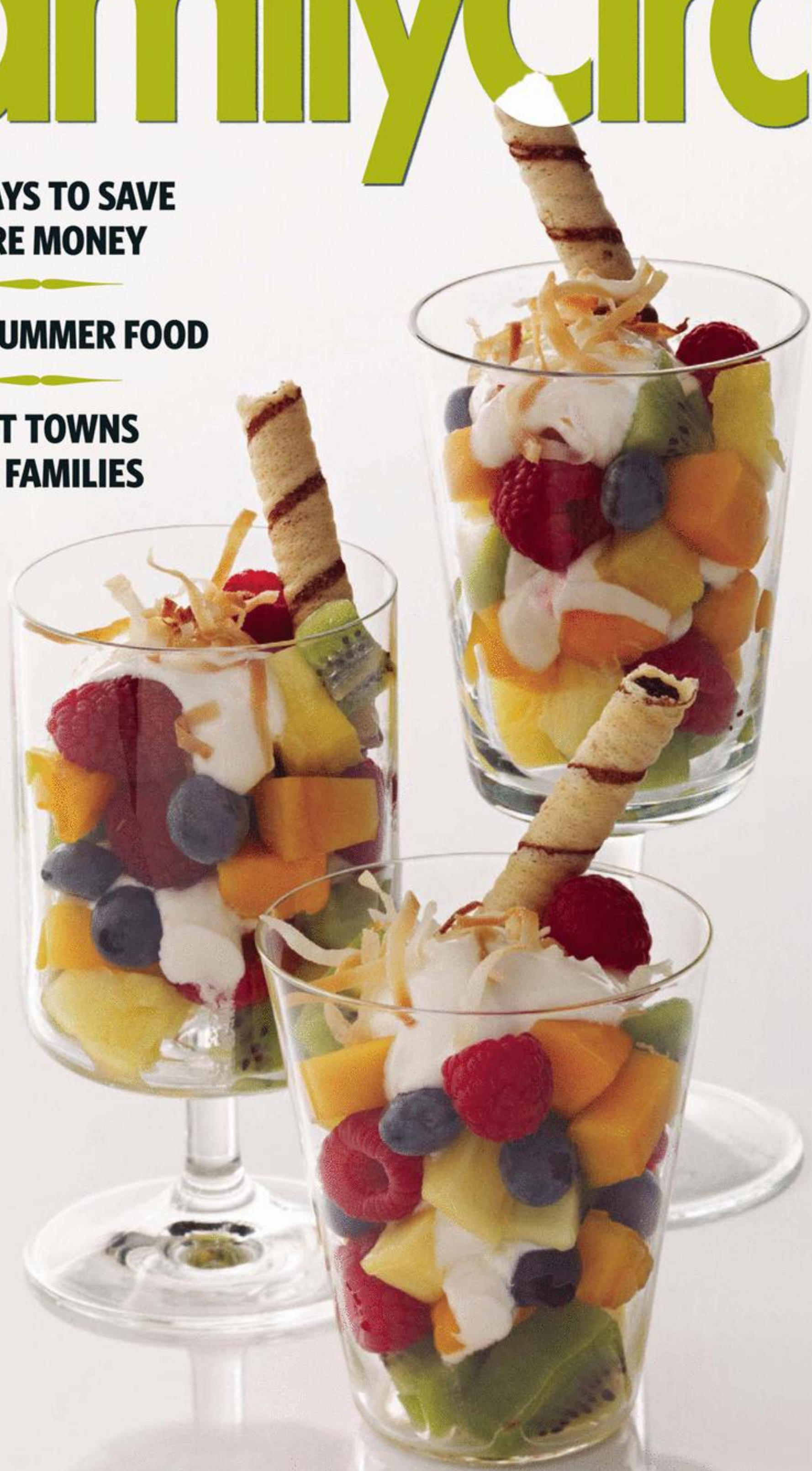

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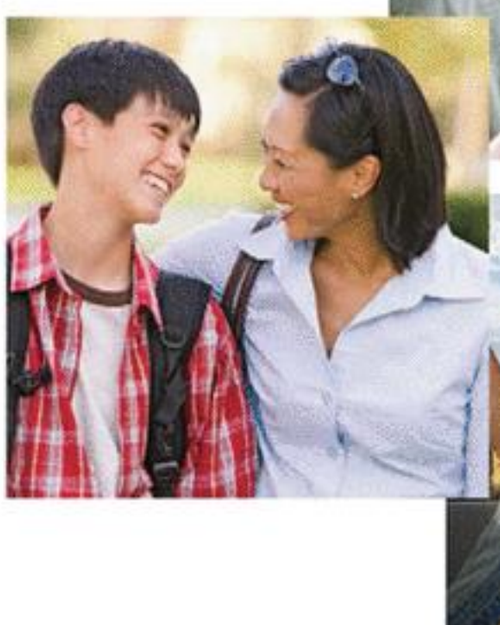

SPECIAL INVITATION TO FAMILY CIRCLE READERS

At FamilyCircle.com, our mission is simple—to cover topics that matter most to moms of tweens and teens. Time and again you've told us how important it is to connect with other women to swap advice and share stories on how to handle the sometimes tricky issues facing families today.

That's why we're launching the Motherboard. It's a Web community where you and other moms can tell us exactly what's on your mind.

Throughout the year Motherboard members will be invited to offer opinions on raising kids, the economy, schools, nutrition, shopping and more. What you say will help shape future articles for the magazine and website.

Members receive a free weekly newsletter filled with information and tips from moms across the country, plus previews for special offers and product samples. Better yet, when you sign up you'll be entered for the chance to win $20,000 in our Motherboard Sweepstakes (see page 206 for rules).

I look forward to hearing from you!

Jonna Gallo Weppler
Articles Director

Sign up today! Log on to **familycircle.com/motherboard** to receive a free, info-packed weekly newsletter about stuff that matters to moms—and the chance to win great prizes!

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Food Styling by **Anne Disrude**
Prop Styling by **Leslie Siegel**

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What do most people love about summer? Sunshine, barbecuing, trips to the beach—the usual suspects. What do I love? No school, no schedules, plenty of time to read. Don't get me wrong; it's not that I don't read the rest of the year, but as every working mom knows, it can be extremely challenging to find those moments (with homework, dinner, dishes, laundry, evening meetings, sports…) and the energy. So the past month has been bliss, especially because I'm catching up on my Kindle, which I'm admittedly a little obsessed with. It's lightweight and extremely portable, and the books are so well priced. And the beauty part for summer: Just slip it in a plastic zip bag and you're splash-safe (and sand-free) at the shore, by the pool, even in the bathtub—no water-splotched pages to turn! Currently in my queue are *Innocent,* by Scott Turow; *The Girl Who Kicked the Hornet's Nest,* by Stieg Larsson; and Colum McCann's *Let the Great World Spin*.

Check out what FC staffers have on their night tables and e-readers, then share your favorite summer picks at **momster.com/group/bookclub**. And if you have any suggestions for a 12-year-old boy who hates to read, please let me know. Now that is another challenge…

Linda Fears, Editor in Chief
linda@familycircle.com

Staffers' Summer Reading List

Downloading to my Kindle: **Shanghai Girls**, by Lisa See. My stepmom recommended it to me. It explores the bond between two sisters—just the thing to take with me on a sisterly weekend away. *—Stephanie Emma Pfeffer, senior associate editor*

On my Nook: **The Immortal Life of Henrietta Lacks**. Henrietta was a humble African-American woman who passed away in 1951, when she was 31, but her cells—which were harvested without her consent—have provided countless scientific breakthroughs in fighting polio, infertility, cancer and more. Rosa Parks' accomplishments are well known, but Henrietta was a hero without even trying. *—Cheryl S. Grant, research editor*

In the stack by my bed: **Homer and Langley**, by E.L. Doctorow. I've long been intrigued by the famous hoarding Collyer Brothers, who died under all the papers they accumulated. Most definitely the incentive I've needed to declutter my office desk! *—Kate Doherty, senior associate home editor*

» What we've all been waiting for: **Mockingjay**, the third and final installment of **The Hunger Games series**. We truly hate to see it end—we may need group therapy when we reach the last page—but we are also dying to know the outcome and get some answers. Does District 13 really exist? Will President Snow declare a final Hunger Games? And who will Katniss choose, Peeta—if he survives his capture—or Gale? *—Darcy, Jonna, Kate and Robb, aka Hungerites.* **Count down the days to its August 24 pub date.**

Turn to "Best Beach Reads," page 92, for more of our book picks.

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FamilyCircle

suzonne stirling

No matter where this craft stylist and mom goes, she pretty much always carries a digital camera. "It's the only way to get those unscripted, unexpected moments," says Suzonne. "The spontaneous shots are the ones I like to display around my home." Find new ways to show off favorite family photos in "The Big Picture," on page 24.

shelley levitt

Shelley has interviewed icons like Meryl Streep and Julia Roberts over the years, but none was as inspiring as the women she profiled in "Seeds of Plenty," page 63. "After hearing their stories I started incorporating locally grown produce into my meals," says Shelley. "Lemons, mulberries and figs grow nearby, so my street's one big orchard."

mary lynn blasutta

During a typical day Mary Lynn sits for hours at a drawing table. "As a result, my posture is far from perfect," says the illustrator of "Everyday Habits That Wreck Your Health," page 154. "I learned from the article that frequent breaks and strength training are key to preventing back problems."

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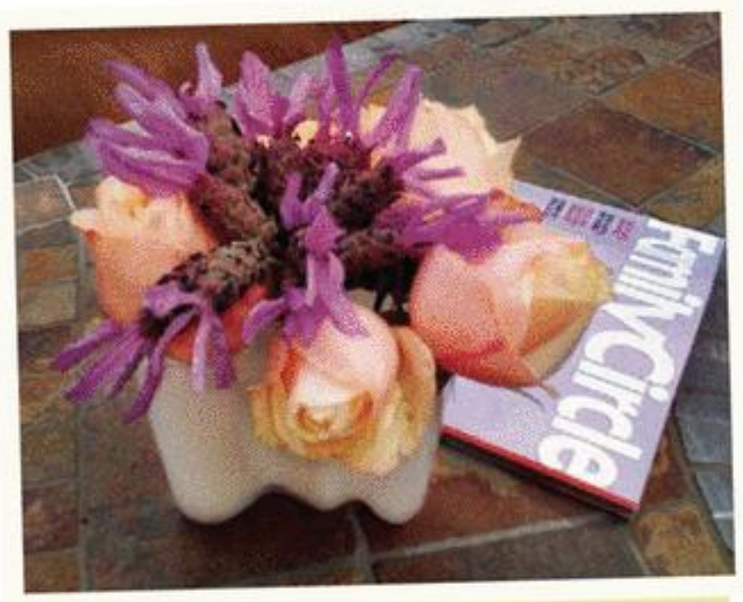
A Perfect Match

Your article on the wonderful work Sherri Franklin is doing to pair aging dogs with senior citizens through Muttville ["There's No Place Like a Home," May] was heartwarming. As someone who regularly donates to animal organizations, I'm always saddened to see older pets in shelters, knowing they'll likely be euthanized. I look forward to hearing more about the great work of Sherri and Muttville.

Liz Montaigne, Coral Springs, FL



In Bloom

The May cover and its accompanying article, "Cut & Color," which featured beautiful spring floral arrangements, inspired me to go to my backyard and snip away!

Kurt Viegelmann, via e-mail

Dangerous Eating

Thank you so much for publishing an article about pet dietary dangers ["Food for Thought," May]. You discussed many items that I had no idea were bad for animals, like apple seeds and grapes, which my stepson had just fed to our dog that morning. Luckily our pet was fine. I have since posted your list on our refrigerator so our whole family knows what not to feed him.

Michelle Burgess, Camden, DE

Road Trip

I love the My Hometown column. It's a treat to see different parts of the country highlighted, and it's nice to know that there are still families out there doing things together. Keep up the good work!

Janet Aynes, Mitchell, IN

Think your hometown's unique? Let us know by e-mailing hometown@familycircle.com and you could be profiled in an upcoming issue.

A Real Deal

With the economy the way it is, I've been looking for places to save. But one subscription I won't be canceling is the one for *Family Circle*. I always get useful tips and advice for raising teens and tweens—you're the only magazine that provides that. Thanks for such an enjoyable publication. Reading it is like taking a mini vacation!

Lesa Cox, Shelbyville, TN

Giving Back

There was a question in "Neat Tricks" [May] about what to do with hotel samples. Many nonprofits and shelters will gladly accept unopened hotel toiletries. I know from my work with such a group in Pennsylvania that these items are greatly appreciated.

Chris Crytzer, McKees Rocks, PA

ONLINE THIS MONTH

- **Don't sweat over dinner any longer! Use one of our favorite no-cook recipes found at familycircle.com/nocook**
- **Trying to lose a few extra pounds? Check out some of the common diet mistakes you might be making at familycircle.com/dietmistakes**

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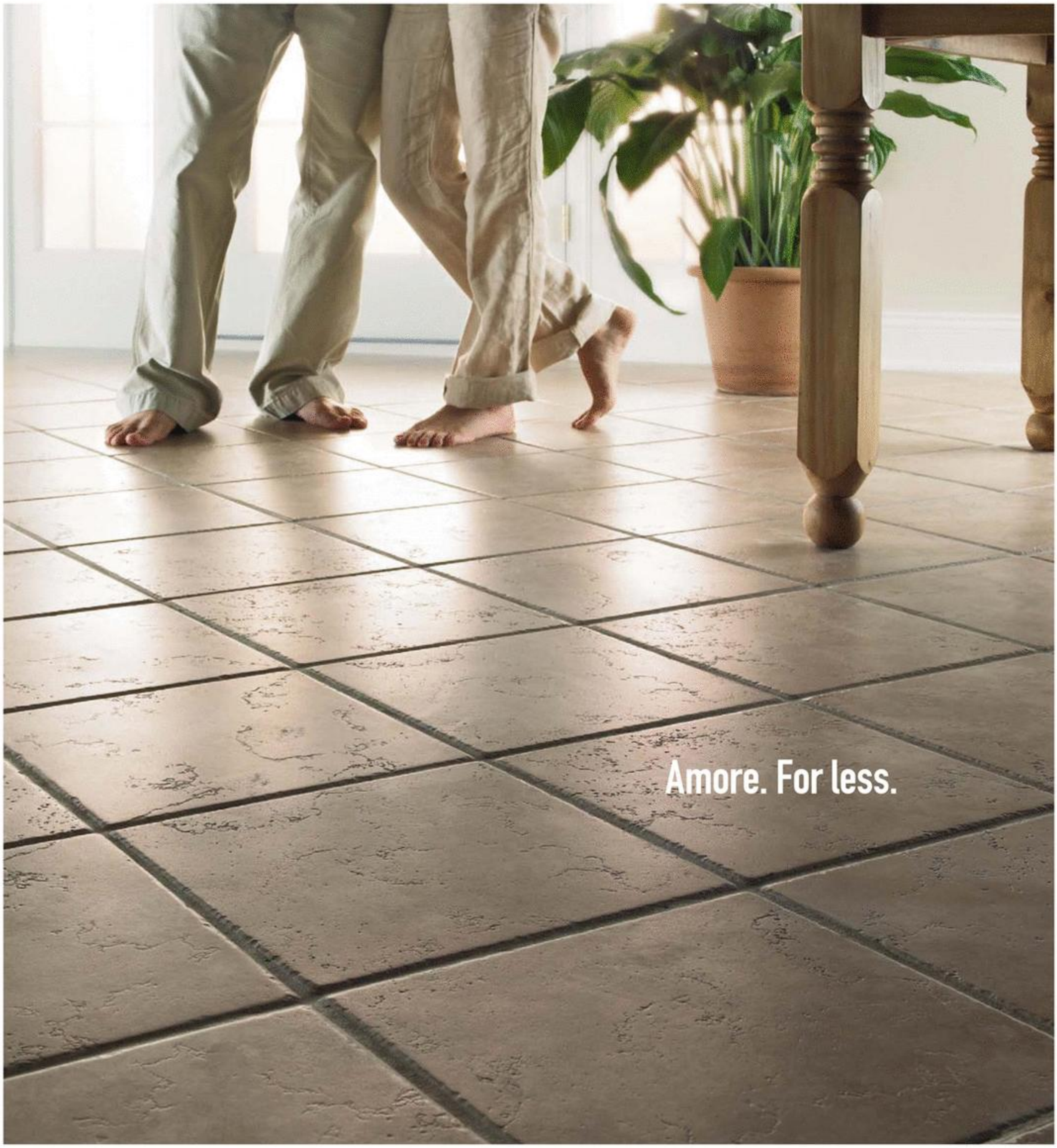

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Inner Circle

STAFF PICKS, TRICKS AND FAVORITE FINDS THIS MONTH

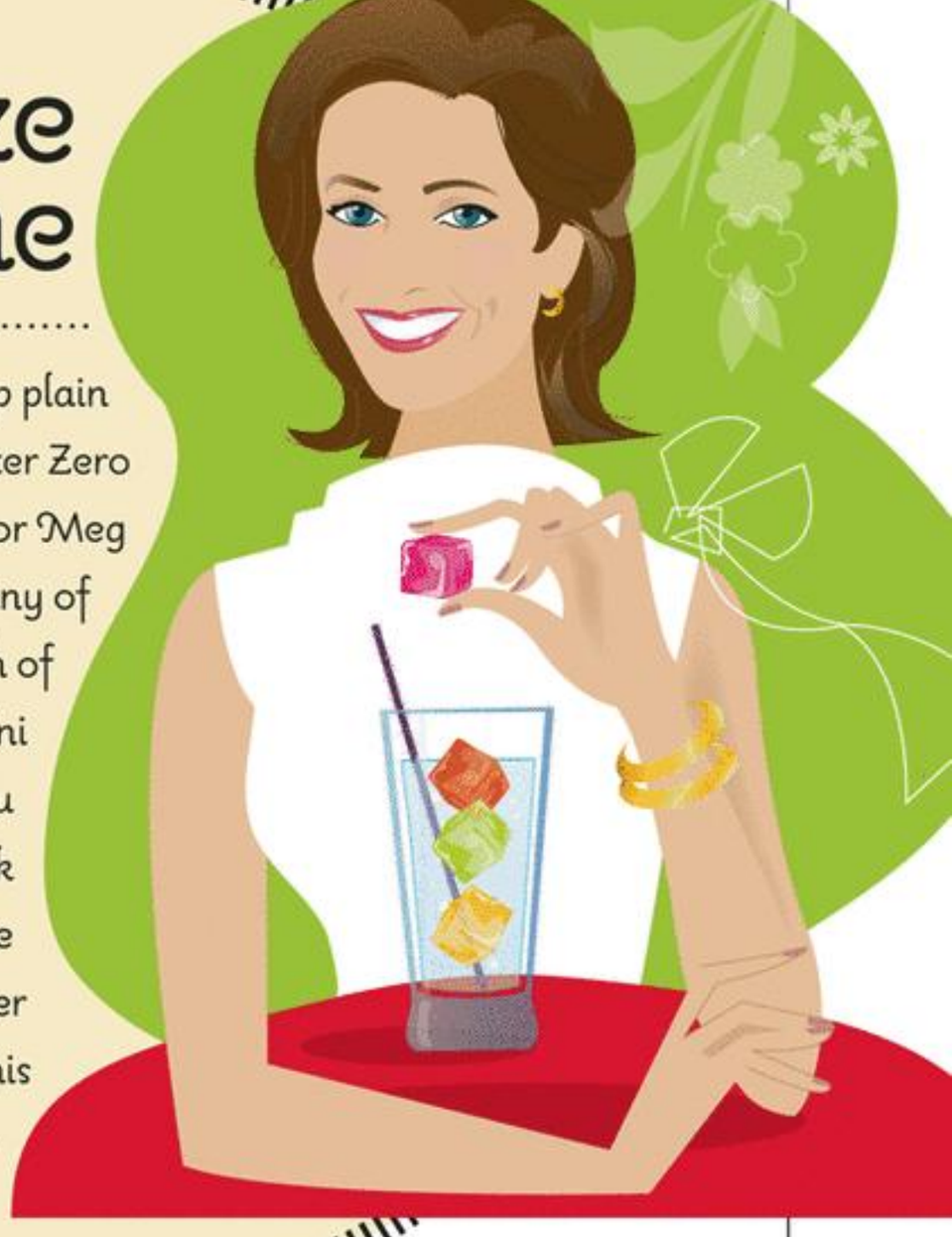
Stephanie Emma Pfeffer
SENIOR ASSOCIATE EDITOR

heroes' welcome

"Doing good for others is its own reward, but at Hawks Cay Resort on Florida's Duck Key, giving back gets you a special discount. From August 23 to November 30, the luxurious family spot thanks members of the military, fire and rescue, police and medical professions for their service with a nightly rate starting at just $99, which includes lots of free and discounted activities and a weekly Tribute to our Heroes event at sunset." **Go to hawkscay.com for details.**

Freeze Frame

"This summer I'm pepping up plain tap water with VitaminWater Zero ice cubes," says Health Director Meg Ragland. "Just fill a tray with any of the no-cal varieties for a touch of natural sweetness and a mini vitamin boost whenever you drink. The colorful cubes look so fun in the glass—someone from the VitaminWater company suggested this to me, but I wish I'd thought of it."



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Jonna Gallo Weppler
ARTICLES DIRECTOR

IMAGE CONSCIOUS

"To know me is to know that I'm photo-obsessed—pictures make a house a home, and I can't get enough of them. My latest fun find: wall decals from Shutterfly. Any high-resolution snapshot can be printed on adhesive-backed fabric that sticks easily to walls and can be removed and repositioned. I'm about to pick recent faves of my kids to order decals for their rooms." Shutterfly.com, from $60

For more photo display ideas, see "The Big Picture," page 24.

SPICE OF LIFE

"While in Charleston for the Family Circle Cup, I took a break from tennis and discovered the Spice & Tea Exchange. Smelling and sampling the hand-mixed spice blends, rubs and brews, I could have spent hours in this store. Finally I settled on Black Chocolate Tea for my sister and a Garlic Lemon-Pepper (made with real lemon zest) seasoning guaranteed to entice my kids to eat their veggies—and if legend is true, fight off vampires!" To shop online, go to **spiceandtea.com.**

Darcy Jacobs
EXECUTIVE EDITOR

Photos: (resort) Courtesy of Hawks Cay Resort; (cinnamon) Eising Food Photography/Stockfood; (Pfeffer) Suza Scalora; (Weppler) Bryan McCay; (Jacobs) Karen Pearson. Illustration: Lisa Henderling.

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Mom • ster /mäm-ster/ *n* (2009) **1:** the mom you are **a:** the mom you want to be **b:** the mom you sometimes wish you weren't but know you have to be **2:** when you cross a mom with what her kids call her behind her back

THE RESULTS ARE IN

Will your teen be working this summer?

66% Yes, his video game habit won't pay for itself.

10% No, he worked hard in school and deserves the break.

24% I'm letting him decide.

"My kids are in honors classes and play sports, so I feel that summer is our time to recoup." **momsterx3**

"Many kids are very spoiled these days, and we as parents need to teach them how to be responsible and manage money. I think that all teens should have a summer job, whether it's full-time, babysitting or contributing around the house." **mommamamommy**

"We have agreed that when my daughter turns 16 and has a car she must get a job to pay for the insurance." **ngdc2010**

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➜ It's their bedroom but your house. Do you allow your teens to "hang out" with members of the opposite sex behind closed doors? momster.com/fc/bedroomprivacy

➜ Your 17-year-old mentions her boyfriend smokes pot. What should you do? momster.com/fc/boyfriendsmokespot

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➜ **Ten readers will receive a cookbook by grilling expert Elizabeth Karmel** *(see page 164)*

➜ **Twenty-five readers will get Julep Essential Cuticle Oil** *(see page 118)*

➜ **Ten readers will receive a Kathy Smith Walking for Fitness Kit and DVD** *(see page 144)*

➜ **Six readers will get three months of online college entrance test prep from WilsonDaily Prep.** *(see page 38)*

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YOUR FAVORITE RECIPES AND TIPS

reader exchange

→BOTTOMS UP

My kids used to complain when ice cream dripped out of the tip of the cone. Now I stuff a mini marshmallow into the bottom. It's an easy—and tasty—solution.
Lisa Devona, Lake in the Hills, IL

→GOOD SCENTS

I freshen up my sheets and towels by placing perfume ads from magazines in my linen closet.
Joy Starkweather, Buffalo, NY

→SPOT CHECK

Coat plastic containers with cooking spray before using to prevent foods like tomato sauce and chili from staining.
Cheryl A. Elrod, McCaysville, GA

→GROWTH SPURT

Dilute leftover coffee with equal parts water to use as a fertilizer on indoor and outdoor plants.
Jerri Stamps, Lowell, AR

→A CLEAN SLATE

I wipe my computer keyboard by wrapping a disinfecting cloth around a paperclip and running it between the keys. It's thin enough to fit in the crevices, and dirt and crumbs stick to it.
Kory Falzarano, Lakeville, MA

millie's august pie

MAKES 10 servings **PREP** 10 minutes **BAKE** at 400° for 50 minutes

"This recipe is my family's favorite—my mother called it August Pie because you can use whatever kind of summer berries or fruit you like!"
Connie Masullo, Bellefonte, PA

- **½ of 1 package (15 ounces) refrigerated rolled piecrusts**
- **2 cups sliced peaches**
- **2 cups raspberries**
- **1 cup half-and-half**
- **1 egg**
- **⅔ cup sugar**
- **¼ cup flour**
- **½ teaspoon cinnamon**
- **¼ teaspoon salt**

1. Heat oven to 400°. Fit piecrust into a 9-inch pie dish. Place fruit in piecrust and spread evenly.
2. In a small bowl, combine half-and-half, egg, sugar, flour, cinnamon and salt; stir until well blended. Pour over fruit.
3. Place pie in oven and bake at 400° for 50 minutes or until center is set. Cool completely on wire rack before serving.

FamilyCircle.com
Check out more reader recipes at familycircle.com/readerrecipes

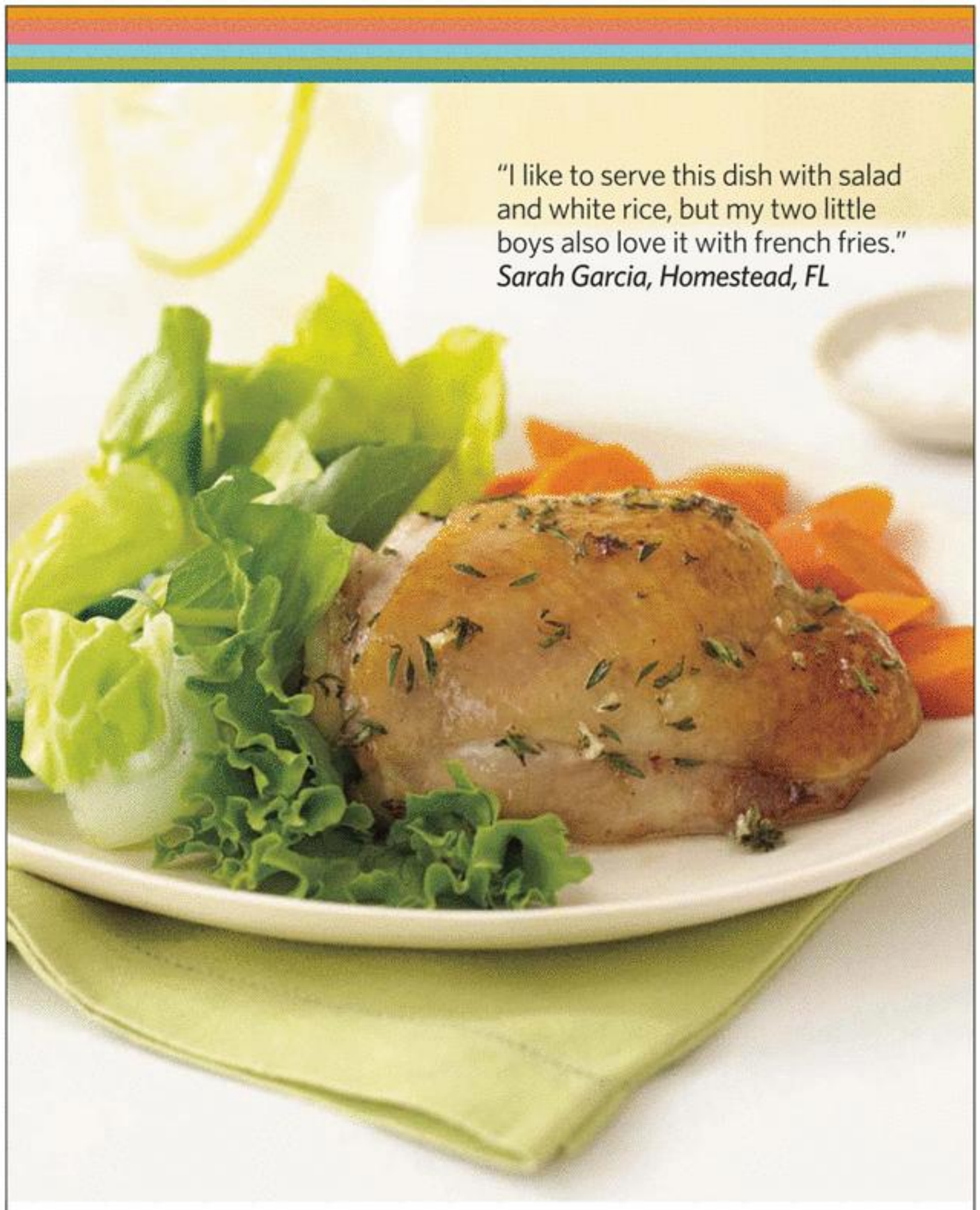
Photos: (top) Kate Mathis. Prop styling: Scott Horne. (bottom) Ann Stratton. Food styling: Leslie Siegel.

Sharing is for other cars. Video games. Movies. The kids can play both. At the same time. With the optional, dual-screen rear seat entertainment system. Plus a third row that disappears when not needed. So there's less "stop touching me" and "if you kids don't quit, I'm going to turn this car around."

That's **Das Auto.**

reader exchange

YOUR FAVORITE RECIPES AND TIPS



"I like to serve this dish with salad and white rice, but my two little boys also love it with french fries."
Sarah Garcia, Homestead, FL

honey-garlic chicken

MAKES 4 servings **PREP** 10 minutes **BAKE** at 400° for 40 minutes

- ⅓ cup honey
- 3 garlic cloves, minced
- 1 tablespoon thyme, finely chopped
- 1 tablespoon rosemary, finely chopped
- 2¼ pounds bone-in chicken thighs, trimmed of excess fat (about 6 thighs)
- ½ teaspoon salt
- ¼ teaspoon black pepper

1. Heat oven to 400°. Line a large rimmed baking sheet with aluminum foil; set aside.
2. In a small bowl, stir together honey, garlic, thyme and rosemary.
3. Place chicken thighs on prepared baking sheet and sprinkle with salt and pepper. Brush with honey mixture and bake at 400° for 40 minutes, brushing with remaining mixture every 10 minutes or until internal temperature reaches 160° on an instant-read thermometer.

Have a helpful hint or favorite recipe? Send tips via e-mail to readerstips@familycircle.com. Send original recipes to readerrecipes@familycircle.com. **We'll pay $50 for each tip or recipe we print.** We reserve the right to edit all entries, which become the property of *Family Circle*.

Photo: Ann Stratton. Food styling: Michael Pederson. Prop styling: Leslie Siegel.

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home

do-it-yourself ideas • decorating strategies • favorite finds

* in this section

22 / Home News **24** / Fabulous Framing Projects
33 / Organize Your Pantry

natural instinct

You don't need a house by the beach to decorate with driftwood. "The neutral colors work easily in almost any decor," says California-based interior designer Sandra Espinet. Bring weathered accents into family rooms, bedrooms or any other informal space for a relaxed look all year long. Weathered wood mirror, $129, West Elm stores

photography by **David Prince**

by Kate Doherty

A mix of colorful glass goblets and bowls lends a festive feel to even a casual gathering.

BARGAIN OF THE MONTH

Add another layer of texture with a table lamp in a faux-hammered-metal finish.

Asher bronze lamp and CFL bulb, $35, walmart.com

Give new life to old, faded planters.

GET CRAFTY

Freshen up plain terra-cotta containers with a coat of chalkboard paint. Write the name of the plant on the outside or just scribble a few decorative doodles. For more info and project ideas, pick up *The Homemade Home* by Sania Pell (Cico Books).

PRO POINTERS

Interior designer and event planner **Joe Nye**, author of *Flair* (Rizzoli), believes the key to a successful party is creating a welcoming atmosphere. He shares simple ideas for easy entertaining:

Floral underdogs » Inexpensive and long lasting, carnations are a quick way to add color. Just cut stems short and place in a pretty container.

Decorator's trick » Always group in threes, whether you've got candlesticks, frames or other small objects.

Finishing touch » Shortly before guests arrive, light a scented candle in the bathroom.

grime busters

Consider including these three new tools in your cleaning regime.

① Reaches tricky spots in the bathroom, like shower door tracks. **Nook & Cranny scrubber, Scotch-Brite, $3.50, Target stores**

② Dusts furniture and ceiling fan blades with a swipe of the hand. **Barbara's Way cleaning gloves, Isotoner, $15, homedepot.com**

③ Partners with the cleanser of your choice, plus no batteries required. **ProMist mop, $22, ocedar.com**

GO GREEN SAVE $

Find out how long before a programmable thermostat, compact fluorescent lightbulb or other eco improvement starts **recouping its cost** by checking out the handy Return on Investment Tables at greenandsave.com.

Photos: (The Homemade Home) © CICO Books, 2010; (scrubber) Bryan McCay.

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the BIG picture

It's showtime—give your home a happy vibe by displaying your family photos in new, creative ways.

CRAFT STYLING BY SUZONNE STIRLING
TEXT BY JUDY PROUTY

Find more issues at magazinesdownload.com

photography by **David Prince**

Tip

Pick up the color of the frames with a few accessories, like these graphic throw pillows.

BETTER RED

HELP UNIFY A COLLECTION OF OLD AND NEW IMAGES AND GIVE VINTAGE PORTRAITS A MODERN FEEL WITH MATCHING FRAMES IN ONE BOLD HUE.

HERE'S HOW If you want to mix contemporary pictures with old family photos, print the newer ones in black-and-white for a unified look. The same vivid frames—in, say, red, green or blue—and wide white mats will best complement the images and create visual harmony. Varied heights and shapes ensure that the arrangement doesn't feel too formal.

SITTING PRETTY

MAKE AN INSPIRING ARRANGEMENT ON A MANTEL, DESK OR TABLETOP WITH BLACK-AND-WHITE SHOTS PROPPED CASUALLY AGAINST A WALL.

➽ **HERE'S HOW** Layer a mix of large and small pictures, both portraits and landscapes, on a flat surface. Choose an uneven number (here we used three) and different frames. This feels more modern and offers an opportunity to mingle pictures with objects and accessories. **Parsons white console, $349, westelm.com**

Tip

Mats with openings of different sizes give a sense of movement.

ON THE GRID

A SYMMETRICAL CONFIGURATION CREATES A STRIKING YET SIMPLE FOCAL POINT IN A DINING ROOM OR OVER THE SOFA IN THE FAMILY ROOM.

➽ **HERE'S HOW** White frames and mats bring together a grouping of casual portraits, still lifes and landscapes. Line up pictures on the bottom row first, along a single baseline, using a level to mark the positions. Arrange the remaining photos as desired.

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Tip
Use a minimum of six photos for a balanced arrangement.

CHILD'S PLAY

MEANINGFUL MEMENTOS—A KID'S DRAWING, A FAVORITE GREETING CARD, A STARFISH—GIVE A WALL OF PHOTOS THE PERSONAL FLAVOR OF A SCRAPBOOK.

HERE'S HOW Mount family snapshots of different sizes in neutral frames with or without white mats. Use colorful mats for artwork, cards, special letters, a picture from a magazine—anything goes if it's important to you. Group pictures about 2 to 3 inches apart in a random pattern. **Scoop-back white chair, $79, westelm.com**

WHEN YOU'RE ALL OUT OF GOOD IDEAS, AND YOU'VE MOVED ON TO THE DUMB ONES,

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Tip

Smaller frames also work well on shelves, mixed in with books and other objects.

BACK STORY

CHOOSE AN UNEXPECTED SPOT, LIKE A DOOR, FOR A QUARTET OF SMALL PHOTOS, EACH IN A UNIQUE FRAME.

HERE'S HOW Pick a mix of portraits, still lifes and landscapes. Position the largest print at eye level and hang the rest above and below in a vertical line. You might also try fastening photos to the outside of an armoire or on the narrow strip of wall between a pair of windows. This is the perfect way to display family moments or tell a short story.

SPECIAL DELIVERY

ELEVATE A TREASURED SNAPSHOT TO GALLERY STATUS WITH AN EXTRA-WIDE MAT IN A NARROW FRAME.

HERE'S HOW
Allow a generous amount of mat on either side of the print and, instead of centering the photo, position it in the upper third of the mat (there should be more white space on the bottom than the top). Beyond that, there are no rules. You can even choose a mat that's bigger than the one shown here, increasing the white space around the photo.

For big impact, use a large mat to emphasize a very small photo—for example, a 2" x 3" photo with a 10" mat.

THE HANG OF IT

More ideas on how to wake up your walls with family photos.

- Bring photos into rooms where you'll appreciate them and where they'll have the most impact.
- Don't hang pictures too high. To create a focal point, place the central image at eye level, or a little higher if the ceiling is lofty.
- Unless you're working with pairs or on a grid display, always choose an odd number of images and make your prints in a variety of sizes.
- Although precut mats are usually included with ready-to-hang frames, a craft store can custom-cut a mat to any size.
- Protect originals by using a copy machine to enlarge or shrink the image. Then trim the resulting printout to fit your frame.
- Test-drive an arrangement by cutting brown paper to the size of your frames and moving pieces around on the floor until you get the desired effect.

See Buyer's Guide, page 206.

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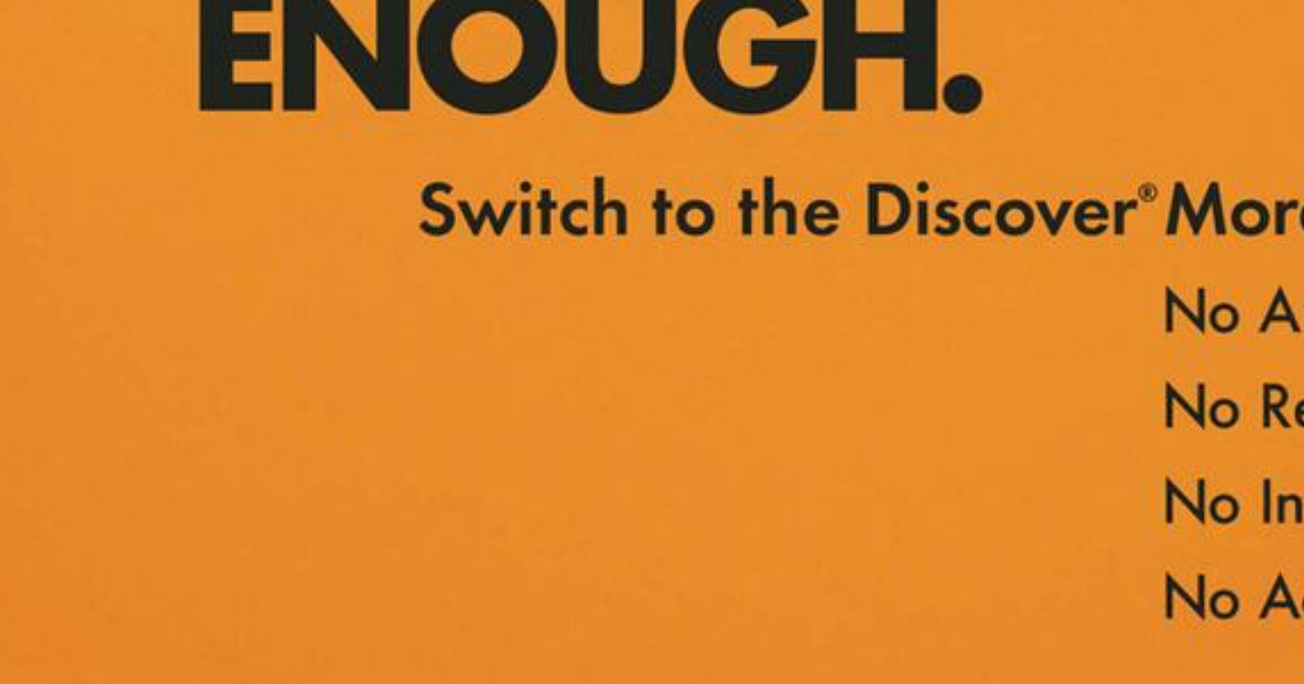

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Pantry

A tidy storage area is a win-win: It cuts clutter and saves money. "When you can see what food you have on hand, you make fewer unnecessary purchases at the market," says Lea Schneider of organizerightnow.com. Try her recipe for reining in cupboard chaos.

prime time
As you're rearranging, check dates on all food and finish up anything approaching its expiration date.

- Stow infrequently used items, like Thanksgiving platters, way up high.
- Keep a basket filled with crackers, nuts and other goodies for when friends drop by unexpectedly.
- On a tall shelf, a metal riser doubles your storage area.
- Roomy bins corral little packaged items and jars that otherwise can get lost in the jumble.
- Store bulk foods, like rice, sugar and flour, in airtight, see-through canisters. Stackable containers maximize space.
- Eliminate needless hunting by grouping together essential ingredients, like dried pasta and tomato sauce.
- Stash extra soda bottles, paper towels and other bulk items out of the way in a cabinet.

Photo: Cameron Sadeghpour.

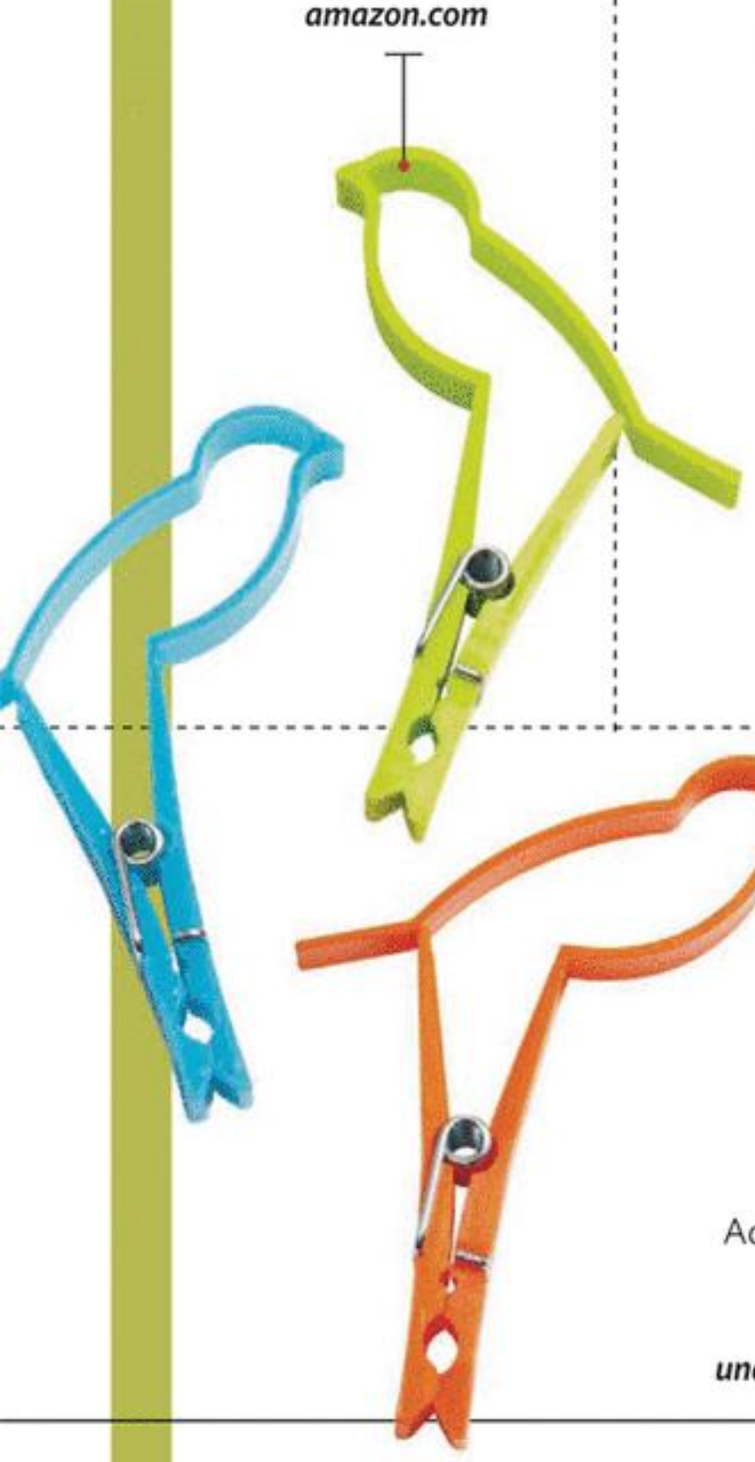
Food Court

A few smart picks for keeping provisions in order.

—Michelle Morico

take note
This memo pad sticks to stainless steel and other slick surfaces.
» ***Happeez Time to Get list pad, $7, mayfairlane.com***

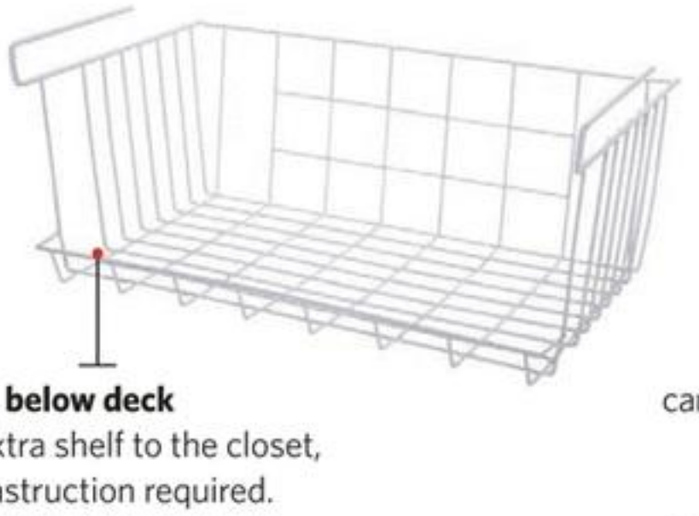
wing it
These whimsical clips put an end to stale chips.
» ***Sparrow clips, $11/16, Design Ideas, amazon.com***



sneak peak
A window lets you see when it's time to replenish.
» ***Food storage container set, $40/3, Cuisinart, organizeit.com***

step it up
A must for getting to hard-to-reach spots.
» ***Bekvam step stool, $20, ikea.com***

fresh squeezed
An updated retro print protects shelves from spills.
» ***Orange halves shelf paper, $3.25/sq. ft., chicshelfpaper.com***



below deck
Add an extra shelf to the closet, no construction required.
» ***Essential Home medium undershelf basket, $6, kmart.com***

treat jar
An airtight canister keeps dog biscuits fresh.
» ***Pet treat canisters, from $8, snapware.com***

Photo (sparrow clips): Bryan McCay.

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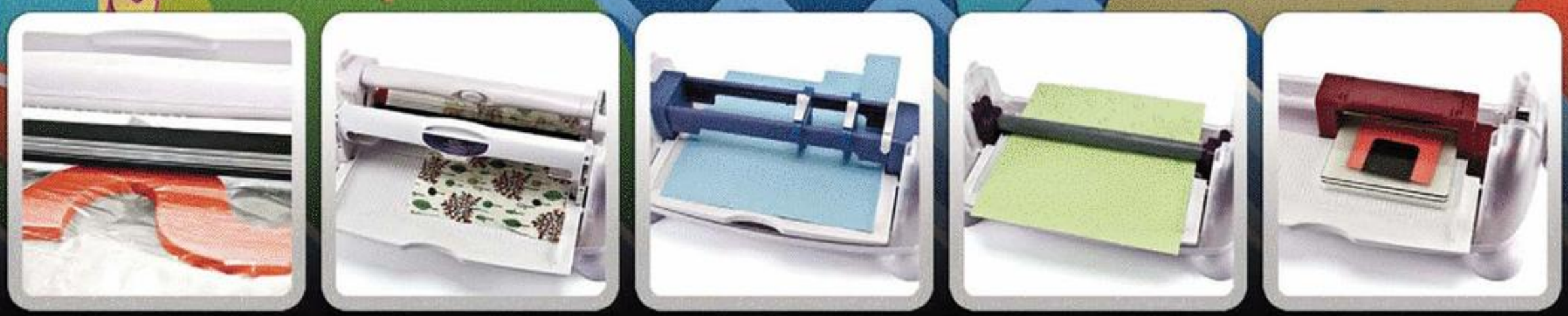
CREATIVITY SHINES



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family

news • views • fun activities that keep you connected

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that's entertainment

Whether you're throwing a pool party or coordinating the neighborhood bash, celebrations.com can help you plan the perfect get-together. The site has a wealth of decorating tips, activity ideas and delicious recipes for movie-themed parties, summer socials and more.

Photo: Thomas Tolstrup/Getty Images.

by Celia Shatzman

Caring Clicks

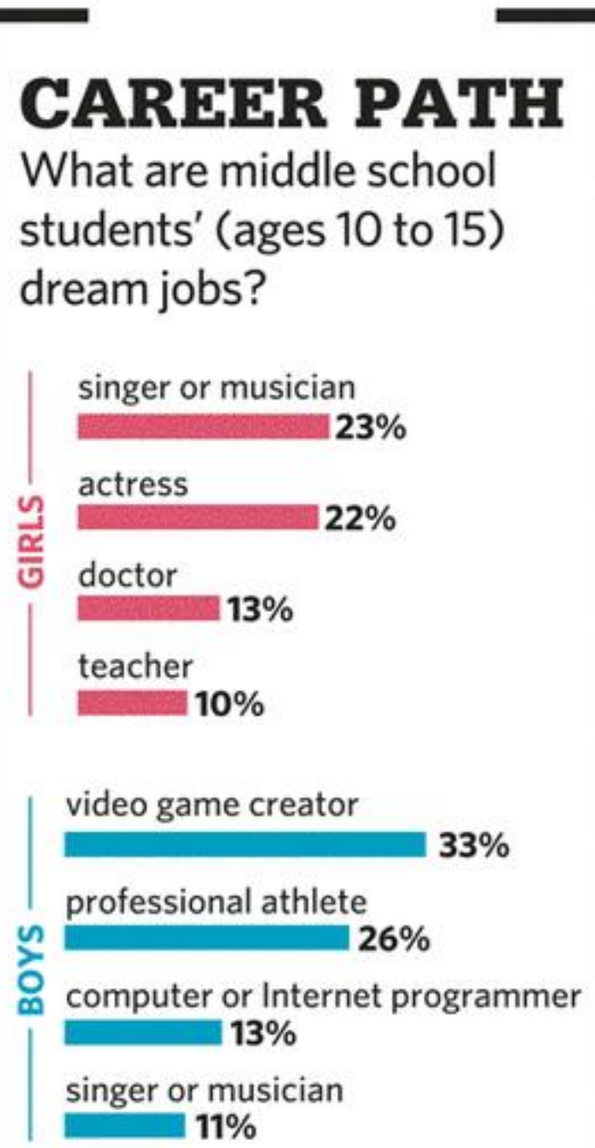
Kids learn something—and help make a difference—while having fun on these free charitable game sites.

- **Freekibble.com** and **freekibblekat.com** give food to animals living in shelters. (Both sites were created by a junior high school student!)
- Expand your vocabulary on **Freerice.com** and the United Nations World Food Program donates rice to the hungry.
- **Kids.generationcures.org** grants funding to the Children's Hospital Boston through its animated adventure game, Caduceus.

PREP SCHOOL It's hard enough to get kids to study when school is in session, let alone during breaks. But brain drain is bad for teens with SATs and ACTs coming up in the fall. To the rescue: test prep expert Laura Wilson, founder of WilsonDailyPrep, an innovative online test prep program. Go to **momster.com/fc/wilsondailyprep** to post your questions by August 10, 2010. Laura will respond to six readers—if you're one of them, your teen will receive a three-month program for free.

CAREER PATH

What are middle school students' (ages 10 to 15) dream jobs?



(Source: Raytheon, August 2009)

TUBE TIME

Two don't-miss-TV nights—you supply the popcorn and the comfy couch.

TEEN CHOICE AWARDS Kids can vote for their favorites in categories like Breakout TV Show, Movie Rockstar Moment and Action Sports Female at teenchoiceawards.com. Then watch the musical performances on Fox on August 9 at 8 P.M. E.S.T.

DEN BROTHER After Alex Pearson gets suspended from his hockey team, his dad makes him his younger sister's babysitter—and he accidentally ends up becoming her scout troop leader too. Starring Hutch Dano and G. Hannelius. Disney Channel, August 13 at 8 P.M. E.S.T.

FANTASTIC FLICKS Now at Walmart, Walgreens, McDonald's and 15,000 other locations: DVD rentals through Redbox. Every fully automated kiosk offers up to 630 discs, each just $1 a night. For more info, go to Redbox.com.

Photos: (Jonas Brothers) © 2009 Fox Broadcasting Co. Photo by Todd Plitt/Fox; (Den Brother) © 2010 Disney Enterprises, Inc.; (popcorn) Marty Baldwin. Illustration: Andy Potts.

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mommyisms: insights from mom to mom

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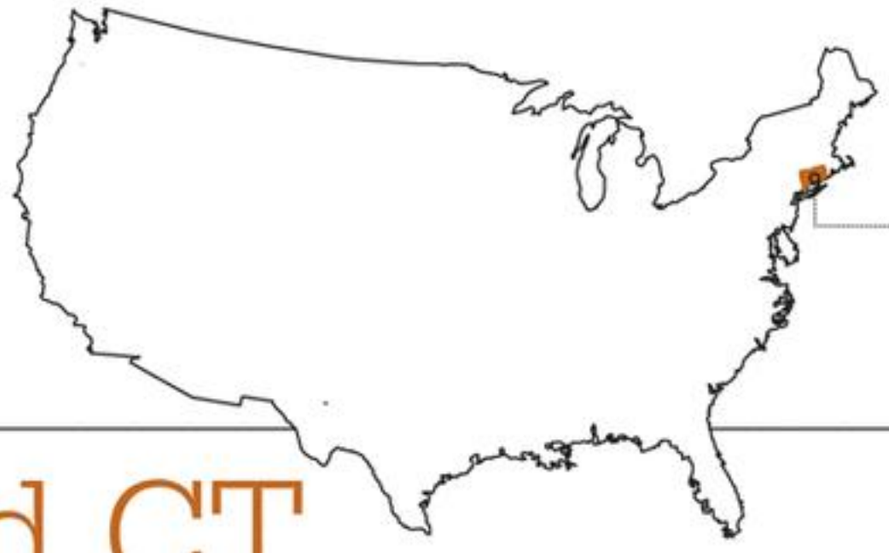


Population: 20,128
Famous spot: Waterford's Eugene O'Neill Theater Center is named for the famed playwright, who summered as a boy in nearby New London.

Waterford, CT

Amanda Gates-Lamothe left behind city life to raise her five kids in this charming town surrounded by beaches, historical sites and friendly neighbors. **by Caren Oppenheim**

Slow down I grew up in the suburbs of Pittsburgh but moved to Connecticut after my mom and stepdad relocated while I was in college. Even though I was used to the busier pace of living outside a major city, I now love the small-town feel. We have beautiful beaches and a great school system—the lack of traffic is also a big bonus! My kids benefit from living in a tight-knit place where everyone knows one another.

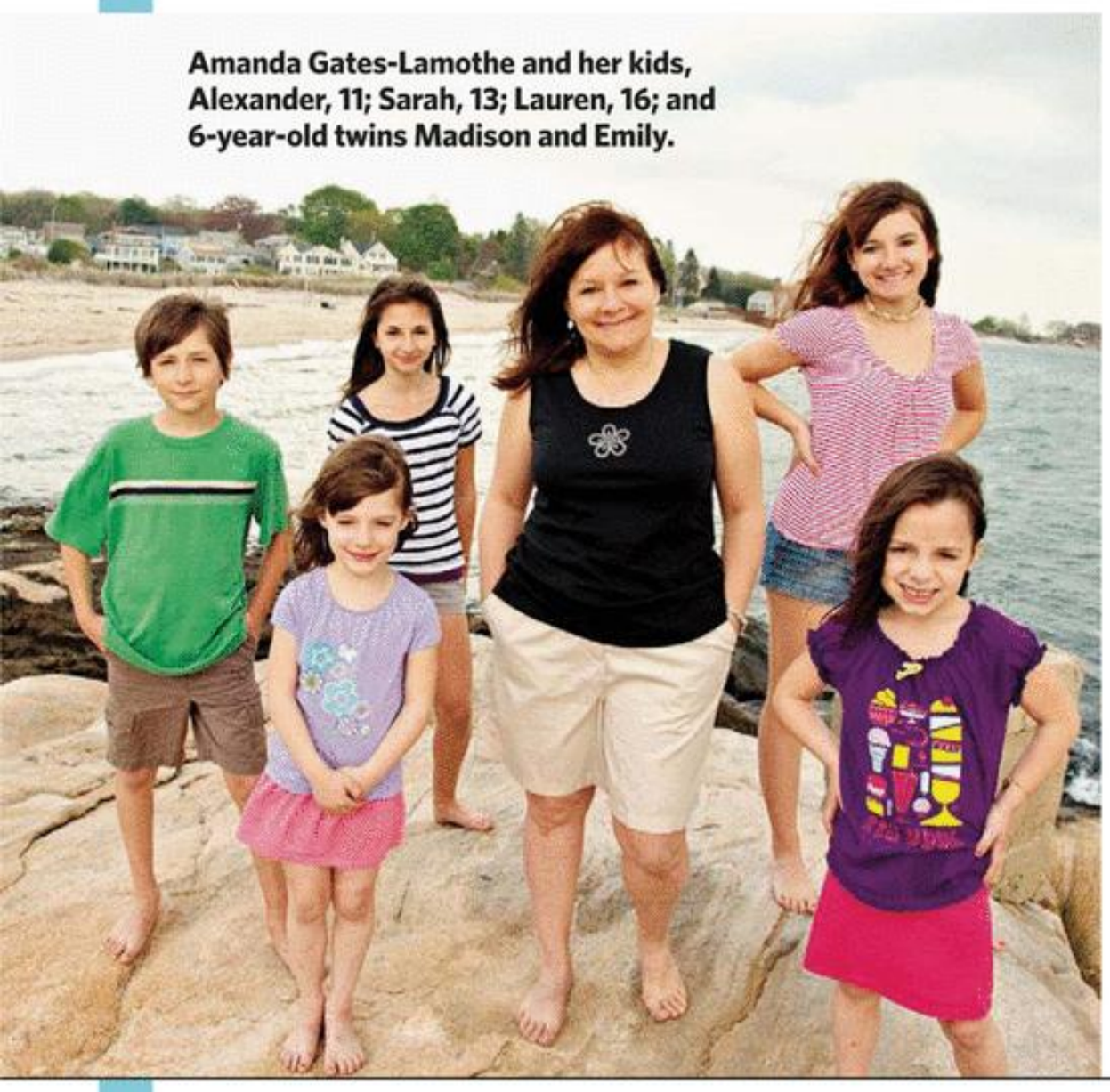
Under the boardwalk Our area has many beaches, but the closest is Pleasure Beach. It's less than a half-mile from our home, so we usually go with neighbors and it's never that crowded. When we need a change of pace we travel to Ocean Beach Park in New London for treats from mom-and-pop ice cream shops and to attend an antique car show.

Go fly a kite Harkness State Memorial Park is one of our favorite summer spots. In 1907 philanthropist Edward Harkness bought the mansion, which sits on more than 200 acres overlooking the Long Island Sound, and it was donated to the state in 1950. The property features a park, a botanical garden and an outdoor theater. Clubs and the public fly kites on the estate's huge lawns. By September we always need new kites—ours have been stuck in almost every tree!

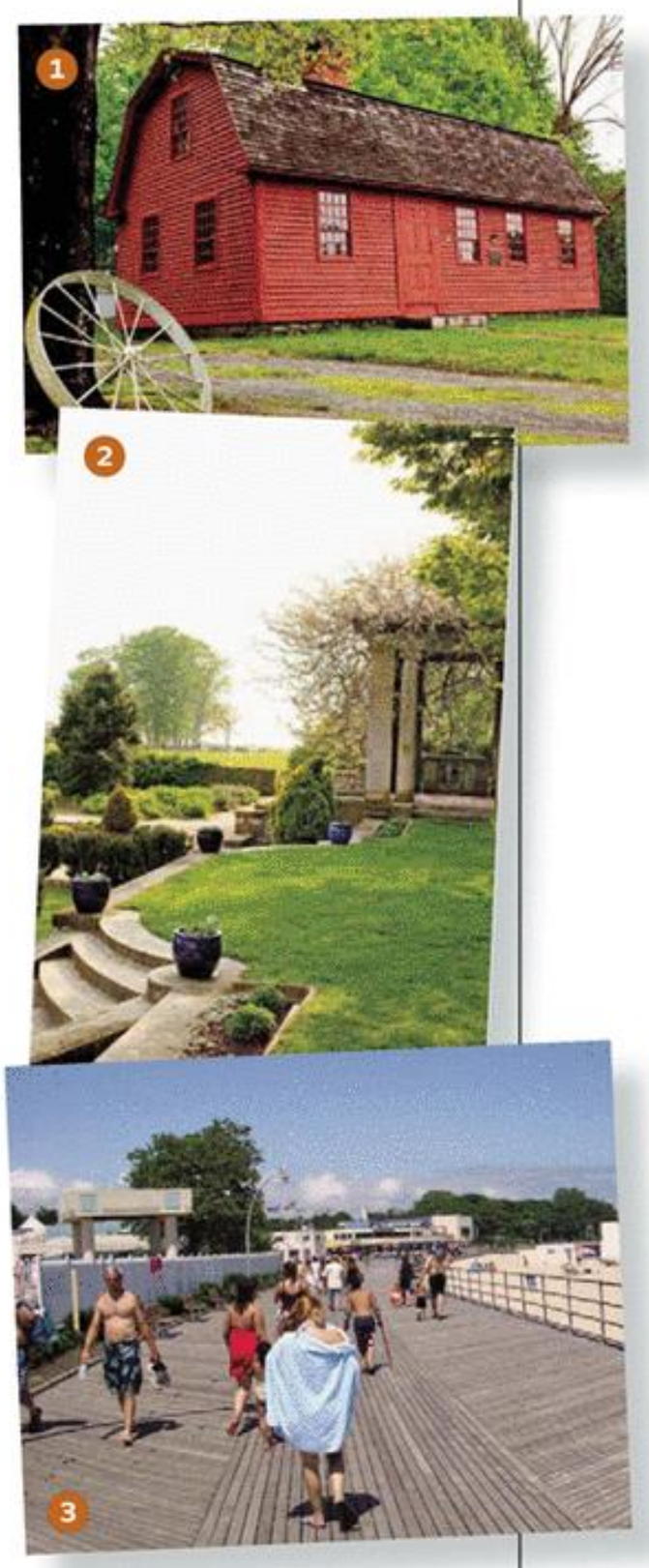
Hog wild When Pigs Fly Cafe has great comfort food. It serves only breakfast and lunch, so we usually go on Sundays after church. In addition to delicious food, there's a serve-yourself coffee bar and a shelf with puzzles and books for kids. And the owners do a great job of incorporating pig decor everywhere.

Novel hangout We live right on the border of neighboring Niantic, so we often head there. The Book Barn is an amazing store that buys and sells used books—there are over 350,000! Cats roam around and there are free drinks and snacks, creating a cozy indie atmosphere.

The right fit Having five children—all in different schools—is tough. Between my job as a paraprofessional for special education, graduate school classes and being a single mom, I'm not always able to drive them around. Neighbors and church members are always there for us. The community's generosity is one of the things I love most about living here. They are helping me to raise my family—and that is what makes Waterford the place for us.



Amanda Gates-Lamothe and her kids, Alexander, 11; Sarah, 13; Lauren, 16; and 6-year-old twins Madison and Emily.



1. Jordan Schoolhouse is the oldest surviving building in town, dating back to the 1700s.
2. Harkness State Park is open for tours from Memorial Day to Labor Day.
3. Neighboring Ocean Beach Park has a short boardwalk and a few amusement park rides.

Think your town is unique? Let us know why we should profile it—and your family—in an upcoming issue. Send us an e-mail and family photo to hometown@familycircle.com.

Photo (boardwalk): Courtesy of Ocean Beach Park.

photography by **Carrie Prophett**

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good works
by Celia Shatzman

EVERYDAY WAYS WE CAN ALL MAKE A DIFFERENCE

NAME **Jennifer Frances** AGE **39**
CAUSE **Bess the Book Bus** HOMETOWN **Tampa, Florida**

FROM THE OUTSIDE, THE VAN LOOKS LIKE ANY OTHER YELLOW SCHOOL BUS. But as kids step through the door they enter a library on wheels. Bess the Book Bus' bright blue walls are lined with shelves packed with books for all ages that kids get to keep. Since 2002, it has distributed more than 200,000 books nationwide. "I grew up without lots of money, but I knew from a young age that books could take you anywhere," says Jennifer Frances, Bess the Book Bus' founder.

Jennifer's maternal grandmother, Bess, passed on to Jennifer her love of reading. Jennifer wanted other kids to have that experience too, so she cashed in her 401K to buy a bus and children's books. First she visited local hospitals and medical clinics, then added stops to domestic violence shelters, after-school programs, Boys and Girls Clubs, preschools, public libraries and struggling schools. Word spread quickly and Bess the Book Bus was in demand all over town. At every visit Jennifer reads a story, then kids board the bus and pick out a book or two to take home. "We're trying to build home libraries for kids who don't have access to books," she says. Last summer Jennifer took Bess on a cross-country tour and spent 80 days on the road, distributing 21,500 books in 50 cities, and she'll be traveling again this summer.

Initially Jennifer used her own money to purchase books and asked friends to donate used ones. Now local bookstores help her with drives, and she has teamed up with First Book, a national nonprofit that gives books to needy kids and organizations like hers. She also depends on private donations, corporate sponsors and her volunteer staff of 20.

"I know this program is working because sometimes I'll visit schools that I haven't been to in years and the kids still remember me," Jennifer says. "They can name the books I gave them—and that tells me I made a connection, which means the world to me." ●

To learn more about Jennifer's program, donate books or make a financial contribution, visit bessthebookbus.org.

Know someone who's helping to change your community?
Send details along with a photo to goodworks@familycircle.com

photography by **Robert Adamo**

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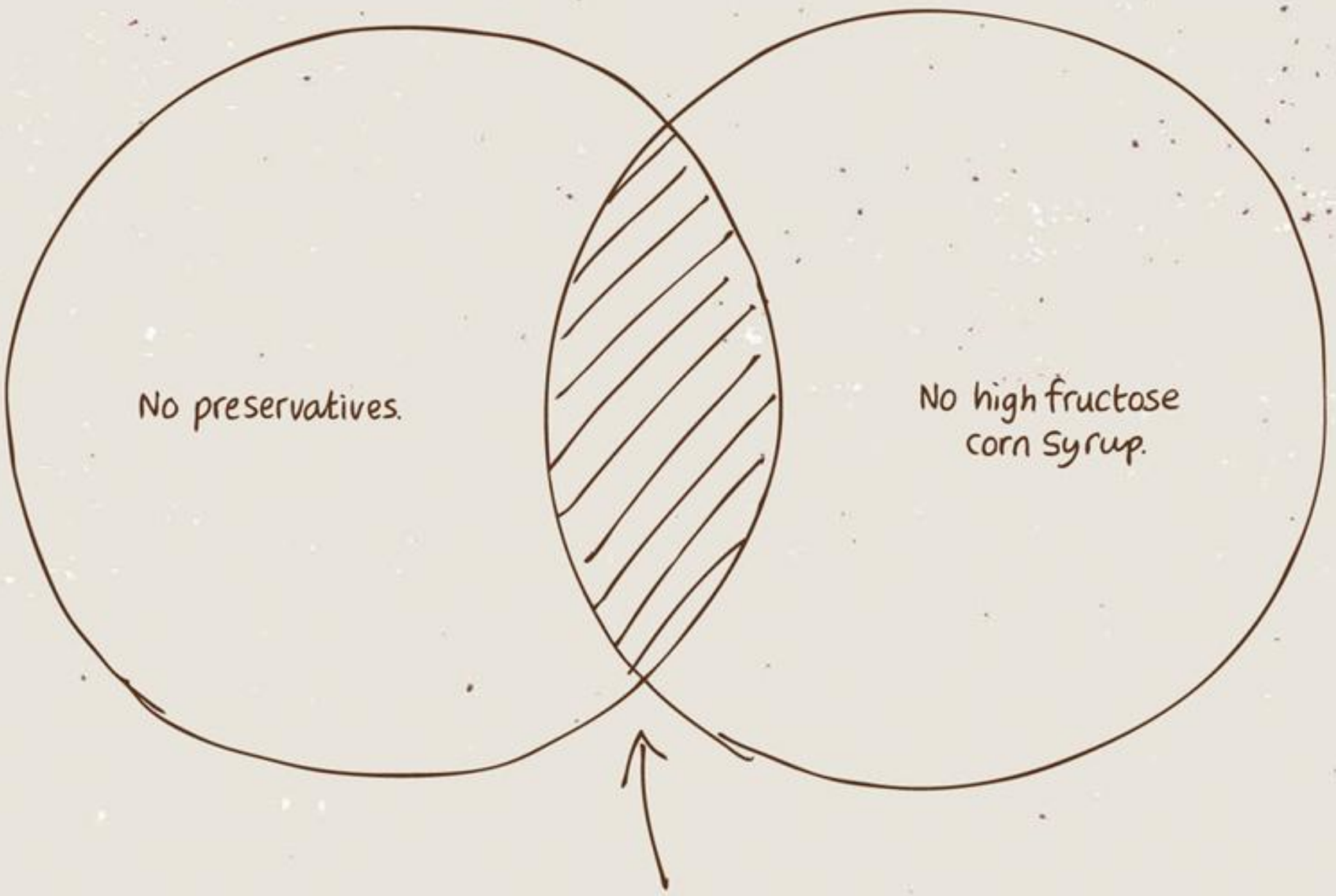
A simple diagram *for* tasty tea.



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ask ROSALIND

SMART WAYS TO HELP YOUR TWEENS & TEENS NAVIGATE THE REAL WORLD. **BY ROSALIND WISEMAN**

Q: I am raising my 13-year-old granddaughter and have no clue how to deal with this generation—their values are so different from mine, it seems that providing a safe and loving home isn't enough anymore. Help, please!

A: Forget the idea that being a grandparent means you're not credible. That's totally untrue—buy into it and your granddaughter may use your insecurity to manipulate you. Good family values are good family values, no matter what. That said, here are some books that may help: Rachel Simmons' *The Curse of the Good Girl* (Penguin); Michael Johnson's *Best Friends, Worst Enemies* (Ballantine); and Ron Taffel's *Breaking Through to Teens* (Guilford Press). But I want you to believe in all your own parenting wisdom too, because hard-earned knowledge never loses its relevance.

What can I do about my 17-year-old, who won't learn to drive? When I ask why, he says, "I don't want to die!" It may have something to do with the fact that my older son had a bad accident three years ago. But I can't be a chauffeur forever. Any advice?

I get that you have better things to do than be his driver. But to me the bigger issue is helping him become independent. In most areas of the country driving is an important skill and even a rite of passage. Because his fear is so serious and seems based at least partly on his brother's trauma, I suggest you take him to a mental health professional to help him process his emotions and create strategies for addressing them. Be sure to ask the therapist how you can be supportive of the ideas your son decides to try. Whether he drives or not isn't as critical as acknowledging his feelings and reassuring him that there's nothing wrong with asking for help when you're afraid. If, in the end, he still doesn't want to get his license, that's okay. And it's also fine for him to ride a bike or take public transportation.

My 10-year-old son is asking me a lot of questions about sex. I managed okay with our daughter but was hoping my husband could handle this one. My son says he feels more comfortable talking to me. Do you have any suggestions?

Here's the deal: If your son wants to talk, you talk. Yes, it can be awkward. My personal favorite, from one of my boys, is, "Wait, do people have sex even when they don't want a baby? Why would they do that? Do you and Dad do that?" Even if you're blushing, tell your son how glad you are that he approached you, and reassure him that you're happy to discuss whatever is on his mind. But when the conversation is winding down say, "I also want you to feel good about going to your father, so next time the two of you are hanging out, ask him your questions too." Then privately let your husband know he's on deck.

MOMster *This question is from our social networking site. Log on to* ***momster.com*** *to start a discussion or join one. Your problem or comment could be selected to appear in a future Ask Rosalind.*

Find more solutions to parenting dilemmas like these at familycircle.com/rosalind. Rosalind Wiseman is an educator and the author of the newly revised *Queen Bees and Wannabes.* For more information, go to rosalindwiseman.com. Do you have a specific parenting question you'd like considered for the column? E-mail askrosalind@familycircle.com.

Photos: (main) Anthony Nagelmann/Corbis; (Wiseman) Mary Noble Ours.

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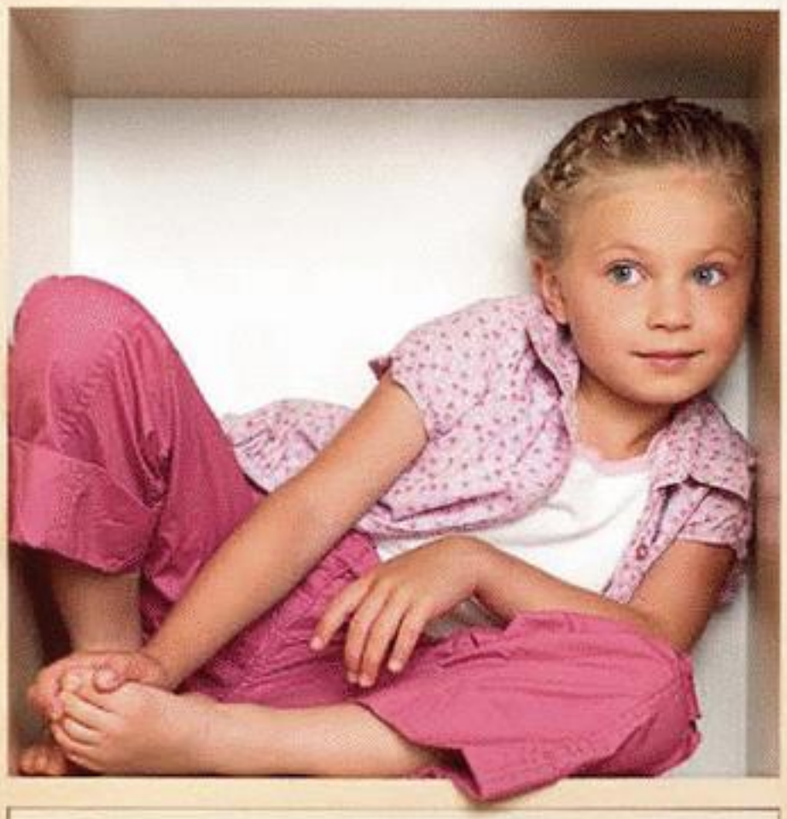
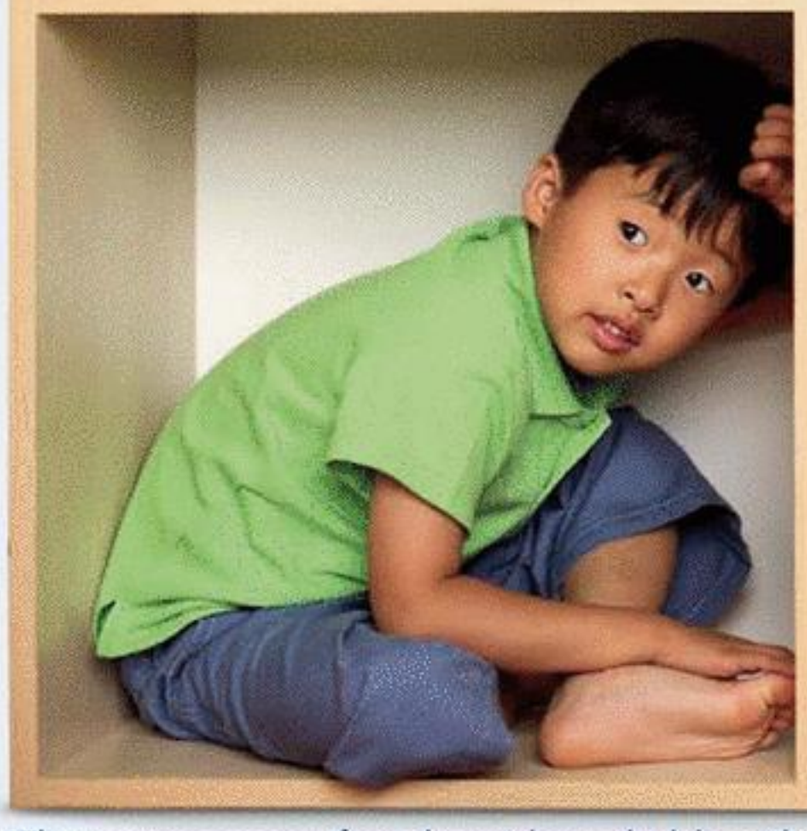
An important vaccination schedule update for children 15 months to 5 years of age.

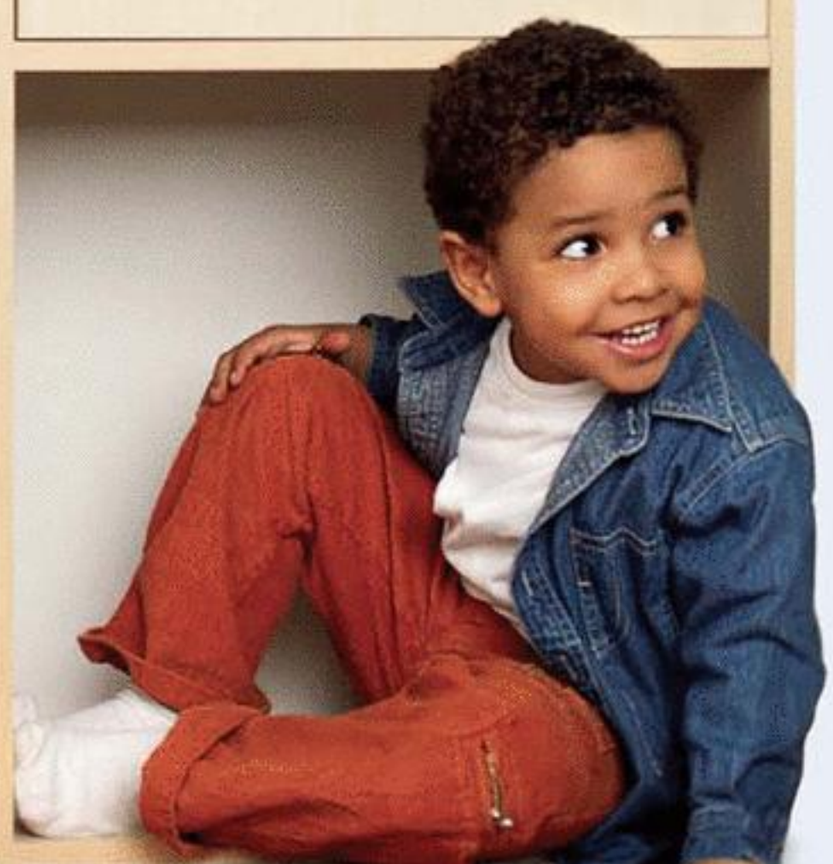


Certain strains of the pneumococcal bacteria can cause serious, invasive disease that is being seen more frequently today.

Invasive pneumococcal disease includes bacterial meningitis, which remains a serious risk for children up to age 5. Pneumococcal meningitis can cause death and long-term problems, such as hearing loss.



The doctors at the Centers for Disease Control have recommended that children under 5 who have had a full series of vaccinations with pneumococcal conjugate vaccine should now get a dose of Prevnar 13™, to cover six more strains including the most common one threatening young children today.*



*The immune response from this catch-up schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

INDICATION FOR PREVNAR 13™

- Prevnar 13™ is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday).
- Prevnar 13™ is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F).

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13™

- Prevnar 13™ should not be given to anyone with a severe allergic reaction to any component of Prevnar 13™, Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]), or any diphtheria toxoid–containing vaccine.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Children with weakened immune systems may have a reduced immune response to Prevnar 13™. A temporary pause of breathing following vaccination has been observed in some infants born prematurely.
- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13™ and Prevnar®, respectively.
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider.
- Ask your child's health care provider about the risks and benefits of Prevnar 13™. Only a health care provider can decide if Prevnar 13™ is right for your child.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Please see Brief Summary of Prescribing Information on reverse side.

Prevnar 13™
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM_{197} Protein)

FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATE

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IMPORTANT FACTS

Prevnar 13™
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM_{197} Protein)

Prev • nar 13

ABOUT PREVNAR 13™

- Prevnar 13™ is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnar 13™ may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Protection against ear infections is expected to be less than that for invasive disease.
- Prevnar 13™ does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness or who have weakened immune systems.

BEFORE STARTING PREVNAR 13™

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnar 13™.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVNAR 13™?

- Prevnar 13™ is recommended for children 6 weeks through 5 years of age.
- Prevnar 13™ is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- ***Transition schedule:*** Children who have received one or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]) may complete the 4-dose immunization series with Prevnar 13™.
- ***Catch-up Schedule:*** Children 15 months through 5 years of age who have received 4 doses of Prevnar® may receive one dose of Prevnar 13™ to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVNAR 13™?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Prevnar 13™, Prevnar®, or any diphtheria toxoid–containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVNAR 13™

Prevnar 13™ may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Prevnar 13™ are:

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnar 13™. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to **www.prevnar13.com** or call 1-800-666-7248.

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family tech
by Christina Tynan-Wood

STRAIGHT TALK ABOUT TECHNOLOGY FROM A PLUGGED-IN MOM

Making Allowances

Going to the mall with my son and daughter used to be like venturing near a fiscal Bermuda Triangle—all the cash in my wallet mysteriously vanished without a trace, never to be seen again.

This phenomenon continued for years until I decided to give each kid a monthly allowance. Not the pittance I got when I was growing up—Cole, 14, and Ava, 11, get $100 each. Now before you think I've lost my mind, this covers everything—clothes, haircuts, books, music, video games, fast food, whatever. It's a major chunk of change for me to part with every 30 days, but worth every penny, because they no longer have to ask me for anything. I simply say, "It's your money. Spend it wisely." And generally, they do.

It's been a kick, watching two fascinating financial personalities emerge. At first Ava blew every cent immediately, except for the 30% that went straight to her savings account. Then she'd have spender's remorse. Over time she learned. "Wow! I really went on a shopping spree," she told me recently when she discovered she was broke. "It was fun, but I'll slow down next month."

Cole was a different story. Initially, he hoarded his cash, refusing to part with a dime. He stopped cutting his hair. His clothes got shabby. The only time he got candy was if his sister took pity on him. He stashed his money so carefully that later he couldn't find it and accused us all of robbing him. Who knew Ebenezer Scrooge was living in my house?

He's a digital kid, so I moved him to a digital allowance. (For details, see "Plastic Pointers," above.) Now I transfer his allowance from my bank account to a prepaid PayPal MasterCard. If he loses the card, he doesn't lose any cash. He can have his current balance and recent transactions texted to his cell phone. And, because it works like a credit card, he can shop online, which he likes. He still can't bring himself to pay for a trim or new pants, but when it comes to downloading music and games, he's as free-spending as his sister ever was.

Bottom line: My system not only eliminates pestering, it also buys peace of mind that I'm doing my best to raise kids who understand the value of a dollar. ●

PLASTIC POINTERS

Card issuers generally specify that kids must be 13 or older to receive a prepaid card. There are a lot of options—compare fees and services carefully before choosing.

PayPal Student *(paypal.com; click on Student Account)*
Free to open and fund, with no monthly fee. This MasterCard allows you to send cash to your teen via text message or an app for iPhone, Android or BlackBerry.

Visa Upside *(upsidevisa.com)*
The Edge plan offers loyalty points for loading funds and ATM usage. Cost is $3 a month or $30 a year, with some free transfers.

Discover Current Card *(discovercard.com/current)*
Set spending limits by day, week or month and ban certain purchases, such as alcohol or hotel rooms. Cost: $5 a month. (At press time, not accepting new applicants.)

38% of teens are willing to pay for cell phone games.
Source: Piper Jaffray 19th Semiannual Spring 2010 Taking Stock with Teens Survey

Photo (Wood): Charles Harris.

illustration by **Koren Shadmi**

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10 BEST TOWNS FOR FAMILIES

In our yearly roundup of perfect places to raise kids, we salute these communities for their affordable homes, green spaces, blue-ribbon schools and giving spirit.

BY SEEMA NAYYAR

Edmond, Oklahoma

POPULATION **82,530**
MEDIAN INCOME **$69,759**
MEDIAN HOME PRICE **$177,000**
HOUSEHOLDS WITH CHILDREN **38%**
STUDENT/TEACHER RATIO **18:1**
GREAT SCHOOLS RATING **9**

When Kristy Payne moved here from southern California 16 years ago, it was mainly to be close to her older sister. "But once I arrived, it was love at first sight," she says. With abundant parks, miles of walking and jogging trails, and a lake teeming with bass and bluegill, this Oklahoma City suburb has

With its pristine lakes and outdoor markets, Edmond takes pride in being a green town.

Photos: Courtesy of Edmond, Marketing and Public Relations Department.

plenty of scenic charm. That's no accident: Edmond offers free programs on preserving the environment, and sponsors an annual Arbor Day fair with seedling giveaways as well as arts and crafts for the kids. "Even Aaron, our 4-year-old, knows what it means to be green," says Kristy, 37, a real estate agent. But what she and husband Randy, 41, a police officer and SWAT team member, appreciate most is Edmond's volunteer spirit. Their son Austin, 16, and daughter, Madison, 14, both pitch in at a nonprofit group that provides clothes and furniture to the needy. Kristy helps throw birthday parties for children living in shelters, and Randy takes part in the Shop with a Cop program, helping to solicit donations and then escorting underprivileged kids to Walmart so they can buy Christmas presents for themselves and their families. "There's a real need to give back among all the people here," says Kristy, who's also a foster mom to a 6-month-old girl. "Small-town life doesn't get any better than this."

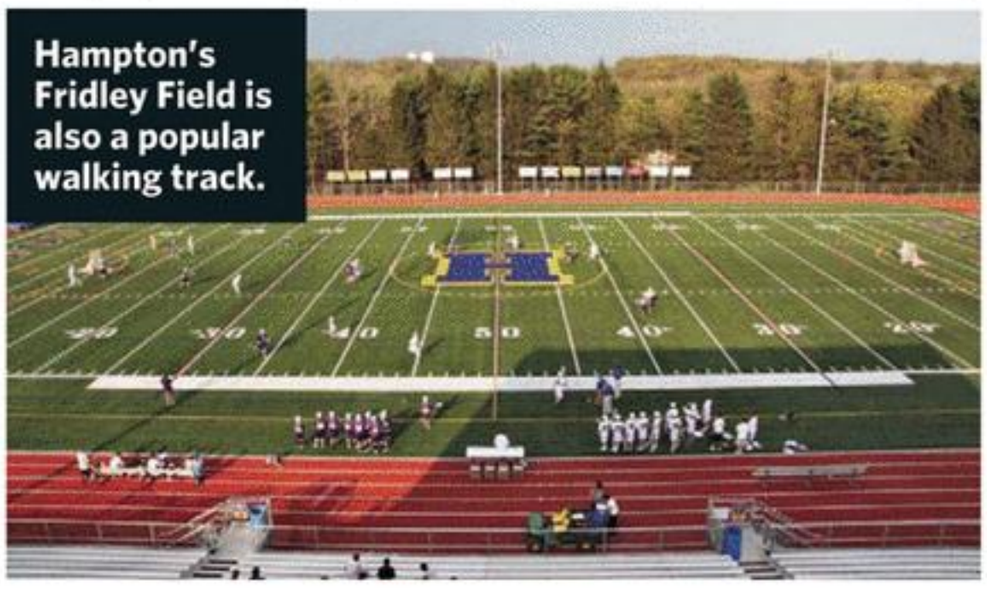
GOOD DEEDS The three local high schools have raised nearly a million dollars for charity so far this year. Students at Edmond Memorial brought in $528,000 to help kids with cancer by selling brownies and bracelets.

Hampton Township, Pennsylvania

POPULATION **17,047**
MEDIAN INCOME **$75,999**
MEDIAN HOME PRICE **$185,000**
HOUSEHOLDS WITH CHILDREN **38%**
STUDENT/TEACHER RATIO **16:1**
GREAT SCHOOLS RATING **10**

Kathleen Ganster likes nothing better than eating dinner alfresco and taking a stroll with her husband after work. So when the day is done, Kathleen, 52, and Paul Sauers, 53, drive home from their jobs in Pittsburgh—she's a journalism teacher, he's a chemist—and head for the Hampton hills. "A typical evening for us is to walk 5 miles—we keep shorts and hiking boots in the car—then grill dinner in the backyard and maybe invite friends over for dessert," Kathleen says. Sometimes, though, they'll take in a Pirates or Steelers game with her kids, Eliza, 20, Kenton, 18, and Cole, 16. (Paul's daughters, Christina, 23, and Elizabeth, 21, are away at college.) "You don't have to plan everything," Kathleen says. "The beauty of living here is that there are so many options, and you don't get stuck in traffic going from one place to the next." Hampton's stellar schools are another asset. Of the hundreds of area high school students who take Advanced Placement exams every year, 84% earn a score of 3 or higher. Eliza is a senior at Duquesne University in Pittsburgh, Kenton will attend the Honors College there this fall, and Cole is thriving at Hampton High, which ranks among the top 3% of high schools nationwide. "I'm curious to see where all our kids will settle down," says Paul. "Call me biased, but Hampton has everything anyone could want."

GOOD DEEDS This township really rallies around its teachers. When a middle school instructor lost his home to a fire last Christmas, students collected $12,000 through a talent show, gift basket auctions and candy cane sales. After an illness paralyzed a math teacher, residents raised funds to make her home wheelchair-accessible, and neighborhood volunteers assist her in the classroom.


Hampton's Fridley Field is also a popular walking track.

Edwardsville, Illinois

POPULATION **25,263**
MEDIAN INCOME **$63,490**
MEDIAN HOME PRICE **$152,000**
HOUSEHOLDS WITH CHILDREN **31%**
STUDENT/TEACHER RATIO **15:1**
GREAT SCHOOLS RATING **9**

Scaling the rock-climbing wall at the new YMCA in Edwardsville.

It was serendipity that led Ted and Jennifer Gianaris to Edwardsville. In 1996 Ted had just graduated from law school, and the couple was looking for an affordable community within driving distance of his new job in St. Louis, Missouri. Then they noticed the "For Sale" sign in front of a charming Victorian house with a park nearby and an elementary school around the corner for their 6-year-old, Annie. Today there are six kids in all—Annie, now 21; Jake, 14; Elliott, 12; Sophie, 10; Auggie, 7; and Abe, 5. Jennifer's three sisters and her parents, as well as Ted's, followed their lead and have moved here too. "My mom loves to go to the bookstores and to the YMCA to work out," says Jen, 45, a former nurse. "Even though this is a university town, it's the perfect place for all generations." Kids and grown-ups love the Y's new 116,000-square-foot recreational facility, which has an indoor climbing wall, tennis courts and a roller

Photos (from top): Courtesy of Scott Evers Photography; Courtesy of John Madia Photography.

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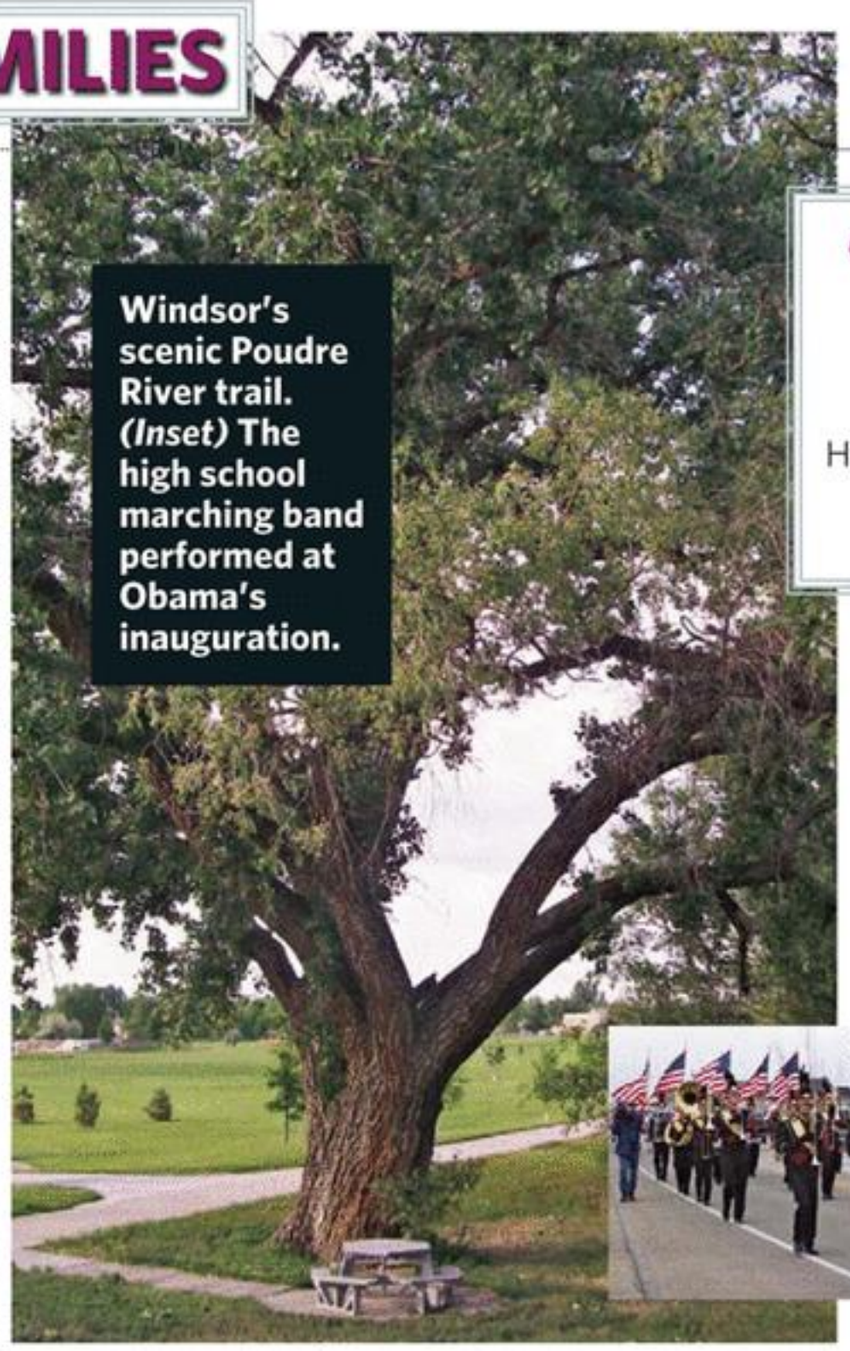
skating rink (residents raised more than half of the $10 million needed to build it). When the Gianaris kids aren't there for swimming or gymnastics, they're hitting the books at the town's top-rated schools. "I've even thought about taking some continuing-education courses at Southern Illinois University, where Annie goes," says Jen, who works as a volunteer in her kids' classrooms. "This is absolutely the best place to raise a family, and we just happened to find it," says Ted, 45. "How lucky is that?"

GOOD DEEDS Community volunteers solicited donations and helped transform an abandoned sewage facility into a 40-acre nature preserve with wetlands, prairies and forests. And at school, students from all grades are asked to step up, whether it means visiting senior citizens or walking dogs for the Humane Society.



Windsor's scenic Poudre River trail. *(Inset)* The high school marching band performed at Obama's inauguration.

Windsor, Colorado

POPULATION **16,913**
MEDIAN INCOME **$73,165**
MEDIAN HOME PRICE **$242,500**
HOUSEHOLDS WITH CHILDREN **41%**
STUDENT/TEACHER RATIO **19:1**
GREAT SCHOOLS RATING **8**

When a tornado whipped through this northern Colorado town two years ago, Ann and Randy West, along with kids Alex, 18, Jacob, 16, and Hannah, 15, were among the hundreds of volunteers who showed up with gloves, rakes and garbage bags to help clean up. That summer, when Ann brought the family car in for an oil change before driving to Wisconsin to visit her ailing father, the repair shop did the job in 20 minutes—and refused to take her money. "They wanted me to get on the road and be with my dad," she says. Ann, 49, and Randy, 52, an energy company executive, moved to Windsor in 1994 because of the good schools and small-town feel. With its neighborhood ice cream socials and front-lawn lemonade stands, the town has more than lived up to expectations. When Alex graduated from Windsor High in May, his parents asked which teachers he wanted to invite to his party. Alex named more than two dozen, going all the way back to kindergarten. "Everyone here reaches out to one another, and we're all connected," says Ann. "This is a place with a big heart."

GOOD DEEDS After the high school marching band was invited in 2008 to Obama's impending inaugural parade, the community raised $140,000, enough to send 78 kids—Alex (alto sax) and Jacob (trumpet) included—to D.C.

La Verne, California

POPULATION **32,163**
MEDIAN INCOME **$76,569**
MEDIAN HOME PRICE **$387,000**
HOUSEHOLDS WITH CHILDREN **36%**
STUDENT/TEACHER RATIO **26:1**
GREAT SCHOOLS RATING **9**

Picking oranges in the citrus groves at La Verne's Heritage Park.

Nestled in the foothills of the San Gabriel Mountains 30 miles east of Los Angeles, La Verne has abundant hiking, mountain biking and horseback riding trails. At Heritage Park, residents not only enjoy summer concerts but can also pick oranges in historic citrus groves. "You're with family and friends, out in the sun and having fun—what's not to like?" says Lynn Del Toro, 54. Husband George, 55, who manages a local water municipality, thinks of La Verne as a cozy little village. "The best thing about living here is the friendships we've built," he says. The couple, along with son Lucas, 15, and daughter Noel, 11, go on vacation with neighbors and spend holidays with families from the kids' schools. La Verne's teachers go all out for their students. Lucas' high school freshman class, for example, didn't just read Homer's *Odyssey*. "They acted out scenes in our city pool on a floating stage made of recyclable 2-liter soda bottles and set the whole thing to 1980s music as part of a cross-curriculum English, science and social studies project," says George. "That's a production no one will forget!"

GOOD DEEDS Kids of all ages put in hundreds of hours every year doing fundraising and volunteer activities. At Oak Mesa Elementary School, students made 100 blankets for two area hospitals, while students at Bonita High raised $3,000 for Haiti relief by collecting donations on campus and at basketball games.

FamilyCircle.com Check out our past winners! For eco-friendly towns and places with A-plus schools, go to familycircle.com/besttowns

Photos (from top): Courtesy of Brenda Triano, Town of Windsor Staff (2); Courtesy of City of La Verne.

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10 BEST TOWNS FOR FAMILIES

The Fourth of July parade in Round Rock's historic downtown district.

Round Rock, Texas

POPULATION **88,519**
MEDIAN INCOME **$80,576**
MEDIAN HOME PRICE **$162,052**
HOUSEHOLDS WITH CHILDREN **48%**
STUDENT/TEACHER RATIO **16:1**
GREAT SCHOOLS RATING **7**

Located 20 miles outside Austin, this town calls itself the sports capital of Texas. And as Norma and Gene Saldivar can tell you, Round Rock really delivers. Old Settlers Park—just one of 34 here—covers 570 acres, with dozens of baseball diamonds, soccer fields and tennis courts, plus miles of walking and biking trails. The Saldivars' weekends revolve around taking daughters Amron, 17, and Sammie, 16, to varsity volleyball and softball games, where a good time is had by all. "We always see lots of people we know," says Gene, 43, a data manager who moved his family to Round Rock (aka Silicon Hills) 12 years ago because of its high-tech industries. "Sometimes a dad will bring a grill and the entire team will eat out there. Parents here are involved with their kids, whether it's sports or school." Norma, 43, a FedEx courier, is co-president the volleyball booster club, and Gene coaches Sammie's team. "My husband is somewhat shy, and I'm not the take-charge type, so this is definitely out of our comfort zone," she says. "But everyone is so supportive and makes you feel you can do anything." Norma, in fact, has yet another nickname for her hometown. "I call it the promised land," she says. "Living here is a blessing."

GOOD DEEDS Some 200 businesses have joined the Partners in Education foundation, which raises $250,000 a year to support Round Rock's schools. Most of the money goes toward grants and supplies: Teachers at McNeil High, for example, recently received Wii consoles to help special education students develop coordination skills.

The outdoor life in Simpsonville includes concerts and free family-friendly movies.

Simpsonville, South Carolina

POPULATION **17,216**
MEDIAN INCOME **$59,755**
MEDIAN HOME PRICE **$119,900**
HOUSEHOLDS WITH CHILDREN **37%**
STUDENT/TEACHER RATIO **17:1**
GREAT SCHOOLS RATING **7**

Karen Trice, 42, wasn't too keen on leaving northern New Jersey for this Greenville suburb when her husband got a job in the area in 2002. But Vernon, 44, a computer technician and consultant, wasn't complaining. "Here, a four-bedroom house with a quarter-acre of land costs half what it does around New York City—and there are great schools too," he says. "That, to me, was the big ticket." Now a stay-at-home mom to Jackson, 14; Skyler, 12; Arley, 8; Aja, 7; and Aaron, 4, Karen has since come around to Simpsonville's many charms. The kids take swimming, soccer and gymnastics classes at the Y, slide and surf at Discovery Island Waterpark and catch hi-def movies at the brand new IMAX theater. The local elementary school has 1,200 students, but it's warm and personal, thanks to administrators, teachers and parent volunteers working together. Even Maudlin Middle School, where there are five music bands, offers a supportive environment. "Jackson plays clarinet in the wind ensemble," says Karen. "It isn't an easy age, but this is the kind of crowd you want your 14-year-old to hang out with." While she sometimes misses the diversity of the big city, Karen loves Simpsonville's small-town lifestyle. "We've planted new roots here," she says. "It's quiet, easygoing, family-friendly—there's definitely a nice vibe."

GOOD DEEDS Hundreds of volunteers turn out every year at Freedom Weekend Aloft, a four-day spring festival with hot air balloon rides, concerts and crafts that raises up to $50,000 for programs that provide health education for women and help tween girls develop self-esteem.

Photos (from top): Courtesy of City of Round Rock; Courtesy of City of Simpsonville.

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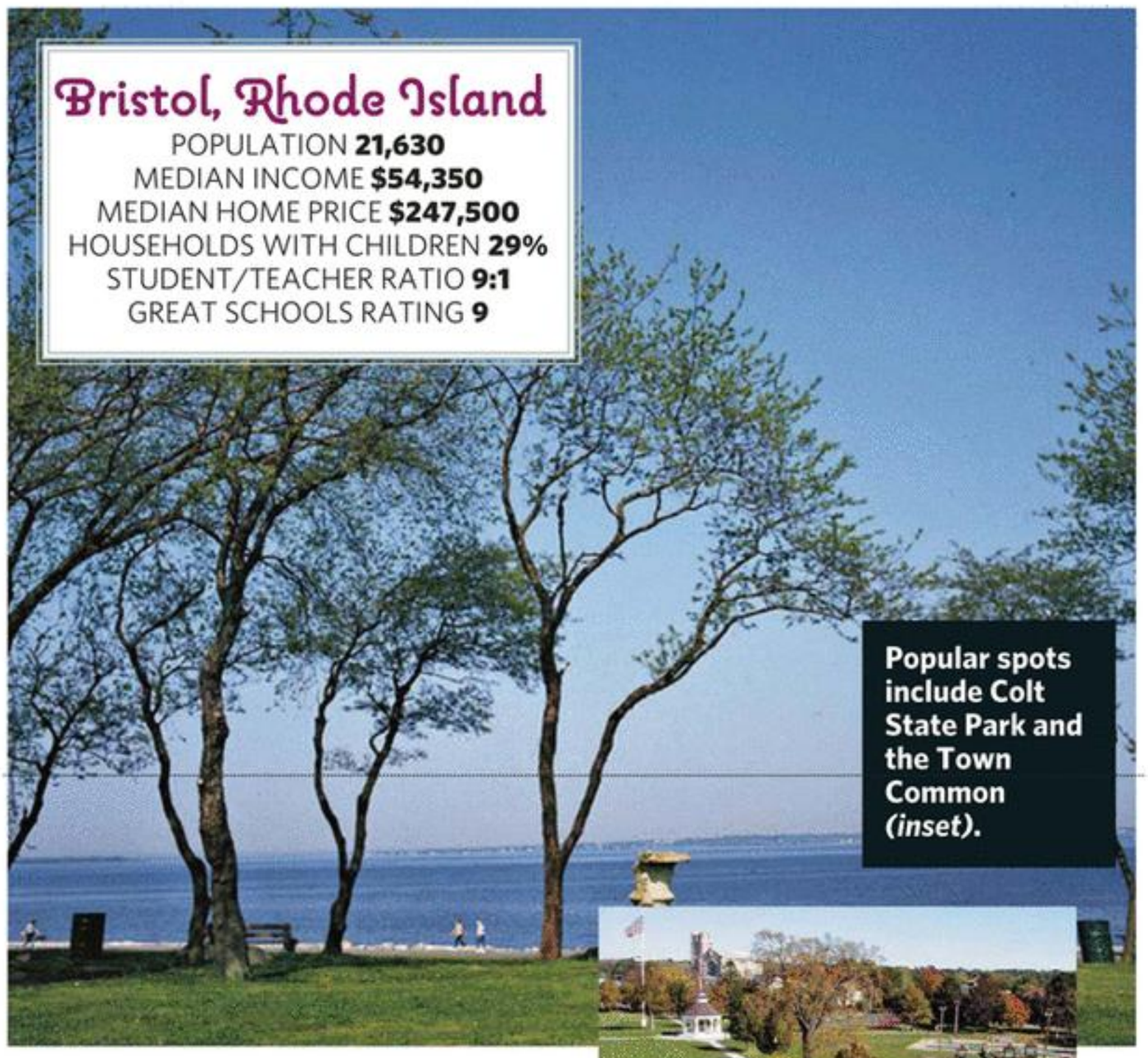
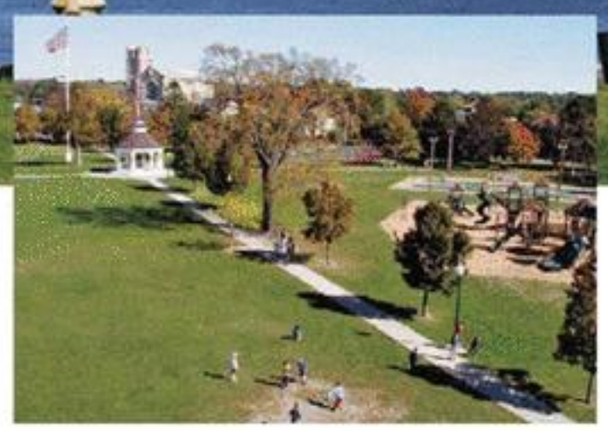
Bristol, Rhode Island

POPULATION **21,630**
MEDIAN INCOME **$54,350**
MEDIAN HOME PRICE **$247,500**
HOUSEHOLDS WITH CHILDREN **29%**
STUDENT/TEACHER RATIO **9:1**
GREAT SCHOOLS RATING **9**





Popular spots include Colt State Park and the Town Common *(inset)*.

When heavy rains pounded this New England town last spring, J.P. Cloutier, 43, a computer programmer and volunteer firefighter, worked round the clock dispatching emergency crews and pumping out waterlogged homes. He had plenty of assistance. "There were neighbors helping neighbors and kids carrying couches from basements for older residents," he says. "That's because people here know what it means to be a community," adds wife Trisha, 43, a dental hygienist. The Cloutiers love everything about their hometown, including its scenic view of Narragansett Bay—perfect for corn and clam boils—affordable homes and top-notch schools. "We don't have any bullying, alcohol or other problems because the teachers really care about students and want us to succeed," says daughter Rachel, 13. She pays it forward by tutoring first- and second-graders in math, and also teaches catechism classes at St. Elizabeth Church with sister Lauren, 15. "We try to tell our kids that the world is going to remember you for what you leave behind, not for what you took," says Trisha. "Living in Bristol, where everyone gives back, makes it easy."

GOOD DEEDS All of the town's tenth-graders are required to do a year of community service. Working in small groups with adult mentors, teens have made videos on the dangers of drunk driving and presented them to middle schoolers. They also pitch in by helping to clean up the beaches and monitor water pollution in Bristol Harbor.

Meridian, Idaho

POPULATION **45,295**
MEDIAN INCOME **$66,888**
MEDIAN HOME PRICE **$177,000**
HOUSEHOLDS WITH CHILDREN **47%**
STUDENT/TEACHER RATIO **20:1**
GREAT SCHOOLS RATING **7**

The population has quadrupled in the last decade, but for Debbie and Mark Bennett that just means there's more Meridian to love. "It's still a place where people value a low-key, no-fuss lifestyle," says Mark, 54, a real estate agent. "Everything is comfortable here." Along with sons Tyler, 20, and Dustin, 18, the Bennetts like to kick back at Settlers Park, where families gather round with lawn chairs and blankets for free Friday night movies in summer. Debbie, 50, who co-owns a construction firm, gives the schools rave reviews. "The high schools let kids focus on specific interests, whether it's a vocational trade, computers or the culinary arts," says Debbie. "The

Bumper boats are just one of the attractions at Meridian's Wahooz Family Fun Zone.

HOW WE CHOSE

With the help of Onboard Informatics, a New York City research firm that provides real estate, demographic and other data, *Family Circle* initially assembled a list of 1,700 cities and towns with populations between 15,000 and 150,000. From that, nearly 800 localities with a high concentration of households with an average income of $75,000 were selected. We assessed which places best met our family-friendly criteria—including affordable homes, quality schools, access to health care, green space, low crime rate and financial stability—and ranked them from top to bottom. *Family Circle* then selected the 10 winners from among the highest-rated towns.

Photos (from top): © Stephan Brigidi & Bristol Workshops; Courtesy of Town of Bristol; Courtesy of Shelly Houston, City of Meridian.

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opportunities for students are tremendous, whether or not they want to go to college." The Bennett boys attended a charter institution specializing in medicine. Dustin, who graduated in June, has already passed the state EMT exams and will start at the University of Idaho this fall, and Tyler is enrolled in a pre-veterinary program there. "The education system here doesn't just make people better students," says Debbie. "It also prepares them for the real world and helps each kid find a way to contribute."

GOOD DEEDS Meridian's Promise, a coalition of local businesses, nonprofit organizations, schools and churches, sponsors events year-round, from town cleanups to job fairs, to teach kids the value of volunteering and help those at risk get the guidance and support they need to graduate high school and succeed in life.

MAKING THE GRADE

The Great Schools rating listed in each town's information box is based on performance on standardized tests by local elementary, middle and high schools relative to other schools in the state, based on a scale of 1 to 10. A rating of 10 means that overall test scores are as good as, or better than, 90% of scores elsewhere. The ratings are provided by GreatSchools.net, a nonprofit website with a mission to improve education by inspiring parents to get involved. To find out how your child's school is doing, go to the site and enter your school's name and state for test results according to grade, stats on student-teacher ratios and diversity, and parent reviews.

Hay rides at Bettendorf's Family Museum. *(Inset)* Rowing practice on the Mississippi.

Bettendorf, Iowa

POPULATION **32,306**
MEDIAN INCOME **$68,994**
MEDIAN HOME PRICE **$144,000**
HOUSEHOLDS WITH CHILDREN **28%**
STUDENT/TEACHER RATIO **15:1**
GREAT SCHOOLS RATING **8**

For Daniel Byrne, 18, and all the other football players at Bettendorf High, community service is a competitive sport. Last year they split into defensive and offensive teams to see who could do more charity and volunteer projects. "Our side lost, so we had to work out while the winners chowed down on pizza," he says. "Rough for us, but good for the town." Pitching in is the norm here. Daniel and parents Joan and John, and younger siblings Michael, 16; Thomas, 13; Katie, 11; and Joseph, 9, have all worked at soup kitchens, helped senior citizens during fall cleanup days and even sandbagged the mighty Mississippi. When families aren't busy volunteering, they often can be found at a park or museum, varsity game or high school musical. "All the parents here attend athletic, artistic and scholastic events," says John, 45, a marketing professor at St. Ambrose University in nearby Davenport. "Everyone's invested in their kids." So are the schools. "We've had many teachers who've really gotten to know our children as individuals, and they've stayed in touch over the years," says Joan, 45, a physical therapist. "They've made a permanent, positive impression on our whole family."

GOOD DEEDS At Pleasant Valley High School cheerleaders formed a team that included seven girls with autism and Down syndrome. The Spartan Sparkles won the gold medal at the last two Special Olympics, and an offshoot program now helps schools around the country create similar squads. ●

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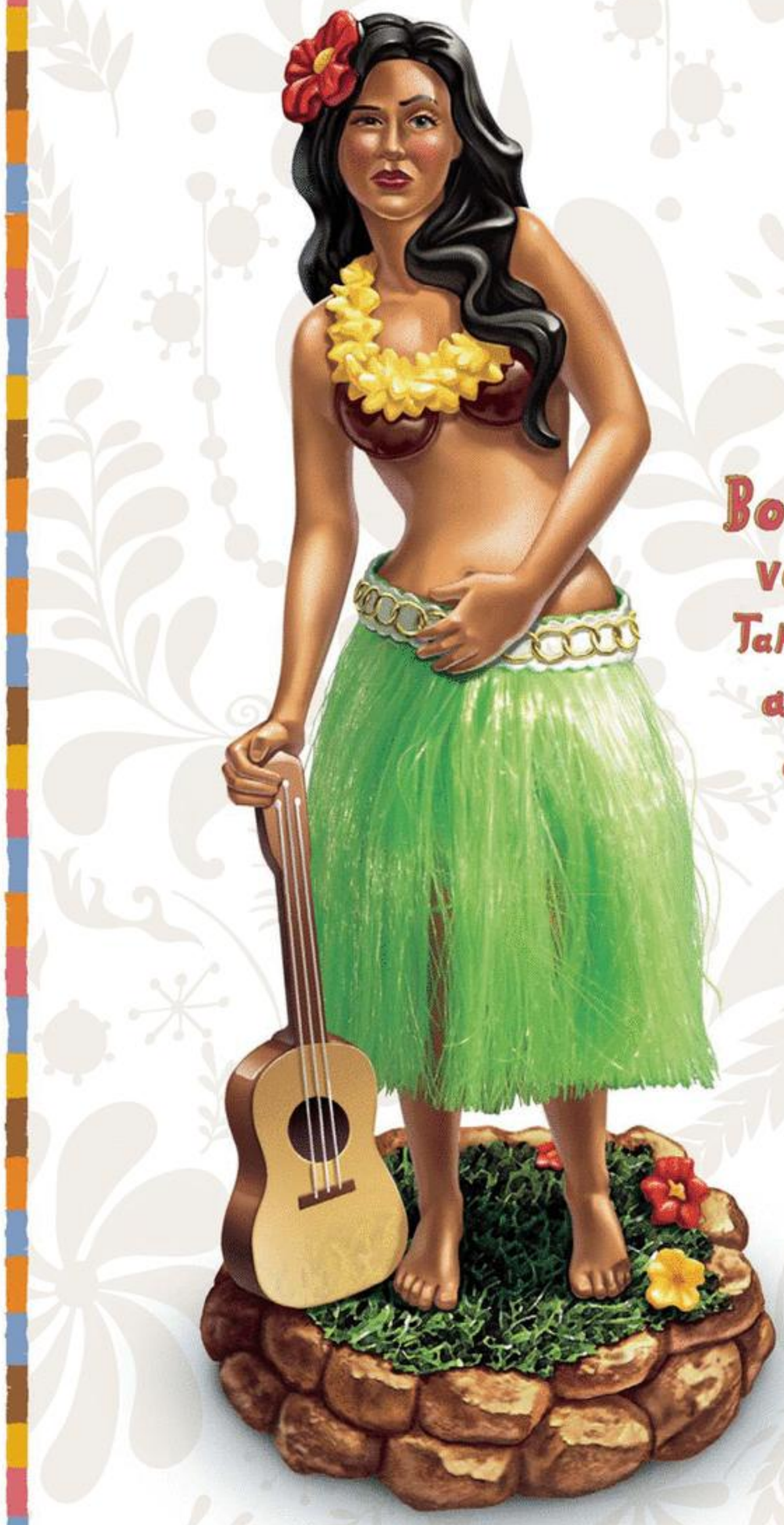

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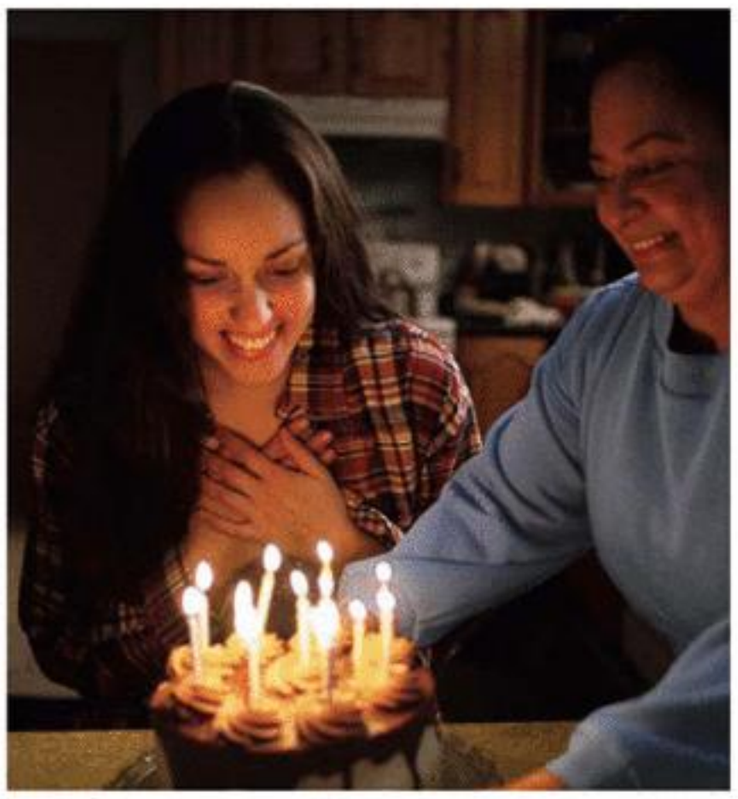

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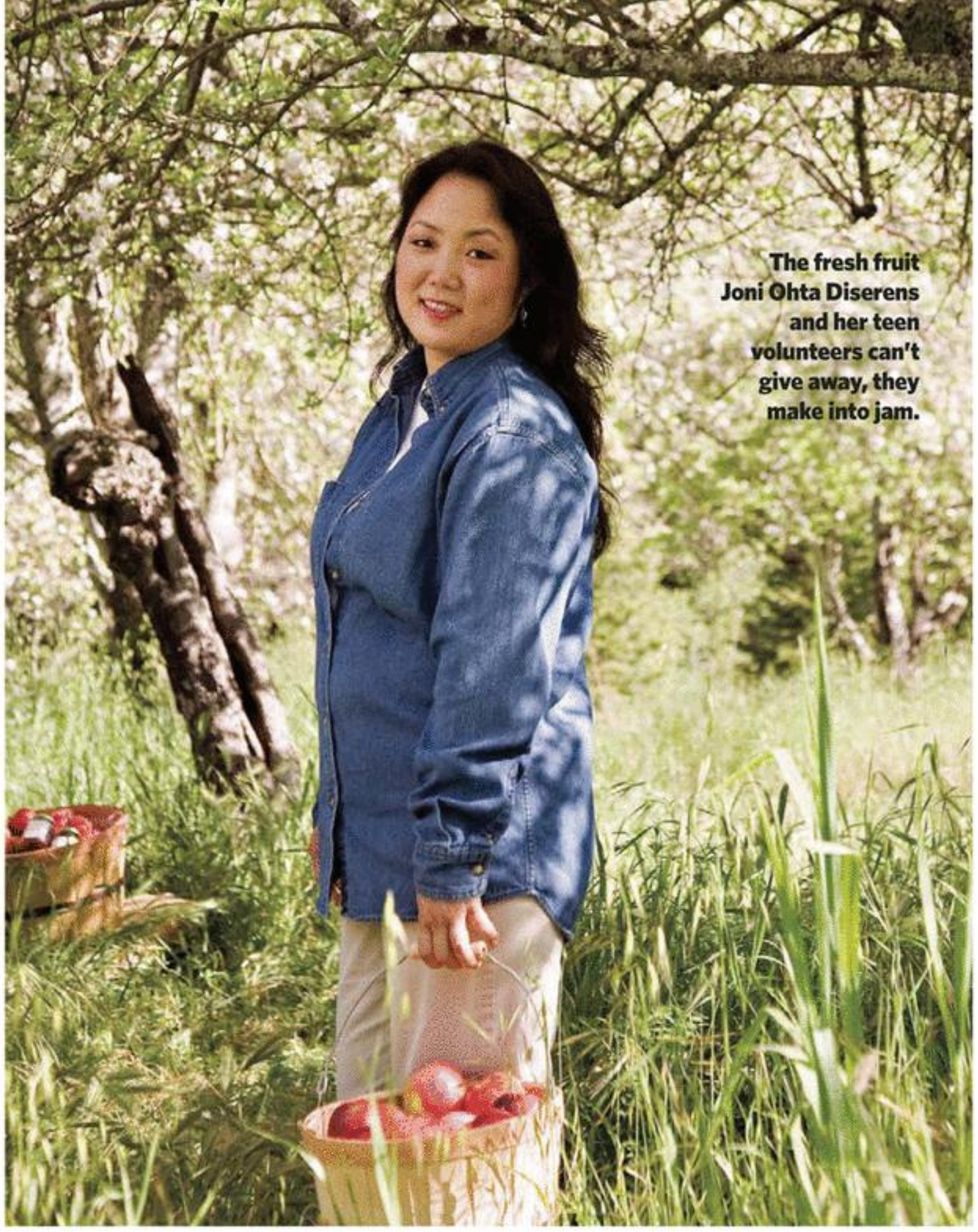
Laura Marks learned to feed her family superhealthy foods without spending a lot. Now she helps other moms do the same.

seeds of plenty

Photo: Stacy Newgent.

It may take a village to raise a child, but all that's required to help fight hunger in the United States is a handful of seeds, a tiny patch of land (or a corner of a balcony) and a willingness to get your hands dirty. Make no mistake, the problem is urgent. Approximately 49 million people in this country—including nearly 17 million children—experience what's called food insecurity, sometimes having to skip meals or eat less than what's necessary to stay active and healthy. But these determined women have found a way to transform lives, one garden at a time. **by Shelley Levitt**



The fresh fruit Joni Ohta Diserens and her teen volunteers can't give away, they make into jam.

LAURA MARKS, 40
Bloomington, Indiana
Cofounder and board member, Mother Hubbard's Cupboard

Mission Provides wholesome food to people in need, along with gardening and nutrition education.

Roots of the idea In 1998 Laura Marks was a 27-year-old mother of two daughters, ages 1 and 3, earning $12,000 a year. She fed her family with the help of food stamps. "I knew there were other people trying to prepare healthy meals on very limited incomes," Laura says. "I thought if we all pitched in we could help each other." Laura and a friend, Jessica Mott, began picking up items that were left on the shelves of a local food bank—soy milk, Greek yogurt, dried beans and unusual grains like quinoa—and distributing them from Jessica's garage to low-income women who were pregnant or caring for young children. As friendships grew, an informal garden club formed. "I was growing okra, squash and tomatoes in our yard," Laura recalls. "I'd say to the other moms, 'Bring the kids and come hang out.'" The women, some of whom lived in housing projects or even in their cars, accepted the invitation. "If there were vegetables needing to be picked, we'd do that together and everyone would take some home."

A cause blossoms By 2000 Laura's distribution project became an official nonprofit. With the help of a city grant, the agency started two community gardens two years later and eventually began offering gardening and nutrition workshops. Today Laura's organization runs more than 60 classes annually on everything from how to start seedlings, to composting, baking bread and raising chickens.

The harvest In the past nine years the community gardens have grown around 12,000 pounds of organic produce, and hundreds of families have discovered a passion for raising their own food. "After just one class people have skills they can apply right away," says Laura, "like knowing when garlic is ready to pull or how to weed a plot." Several hundred volunteers help over the course of a year (about 150 at any given time), an estimated 80% of them clients of the pantry. Laura's daughters, now 14 and 16, often pitch in with the fundraising (through events like concerts and bike marathons) necessary to buy staples that don't grow in gardens, such as milk, eggs and grains. "This is our way of life," says Laura. "When you teach people to eat healthy and grow their own food, you help them change their whole lives."

For more info Mhcfoodpantry.org

» To find a community garden near you, visit the American Community Garden Association at communitygarden.org.

JONI OHTA DISERENS, 46
San Jose, California
Founder and executive director, Village Harvest

Mission Distributes unwanted fruit from backyard trees to food agencies.

Roots of the idea "A community service project run amok" is how Joni Ohta Diserens describes the beginnings of Village Harvest in the spring of 2001. For years she had been leading tween and teen girls from 4-H groups on field trips through her neighborhood, teaching them how to find fruit that would otherwise go to waste, then preserve it. "I had grown up as a 4-H kid myself in Hawaii," she says, "and to me it was second nature that when there's an overabundance of fruit you process it to use in the winter."

A cause blossoms "As word spread that a group of teens were interested in picking unwanted fruit," Joni says, "my phone rang nonstop with calls from home owners who wanted us to come take away their extras." Many were elderly or physically limited and, unable to pick the fruit themselves, had watched bushels fall and rot every season. "We couldn't turn it all into jam so I contacted a local food bank and offered to give them most of what we had," Joni says. "They weren't sure their clients would want fruit from individuals' homes, but they were willing to give it a try." Within days 22 volunteers had gathered 1,200 pounds of oranges, lemons, grapefruit and tangerines from

Photo: Victoria Yee.

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* Your results may vary.

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IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta$_2$-agonist (LABA). Medicines containing LABAs may increase the chance of asthma-related death. So, SYMBICORT should be used only if your health care professional decides another asthma-controller medicine alone does not control your asthma or you need two controller medicines.

While taking SYMBICORT, never use another medicine containing a LABA.

SYMBICORT won't replace rescue inhalers for sudden asthma symptoms. Do not use SYMBICORT more than twice a day. If you are taking SYMBICORT, see your health care professional if your asthma does not improve or gets worse.

Some people may experience increased blood pressure, heart rate, or change in heart rhythm. Tell your doctor if you have a heart condition or high blood pressure. If you are switching to SYMBICORT from an oral corticosteroid, follow your doctor's instructions to avoid health risks when you stop using oral corticosteroids.

Avoid exposure to infections such as chicken pox or measles. Tell your health care professional immediately if you are exposed.

In clinical studies, common side effects included nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, and stomach discomfort.

Approved Uses for SYMBICORT for Asthma

Prescription SYMBICORT is a controller medicine for the long-term maintenance treatment of asthma. SYMBICORT is for people 12 years and older whose doctor has decided are not well controlled on another asthma-controller medicine or who need two asthma-controller medicines. SYMBICORT is not for the treatment of sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

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IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.

SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.

Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.

Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine taken twice a day, every day, over long periods of time to control asthma and chronic obstructive pulmonary disease (COPD).

Asthma

SYMBICORT 80/4.5 mcg or 160/4.5 mcg is used long-term, two times each day, to control symptoms of asthma and prevent symptoms such as wheezing in patients age 12 years and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used every day, two times each day, to help improve lung function for better breathing in adults with COPD.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®) is a long-acting beta$_2$-agonist medicine, or LABA. LABA medicines are used in patients with COPD and asthma. LABA medicines help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

WHO SHOULD NOT TAKE SYMBICORT?

You should not take SYMBICORT if your health care professional decides that your asthma or COPD is well controlled using another medicine, or you only use a fast-acting inhaler once in a while.

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are allergic to any medications
- are exposed to chicken pox or measles
- **are pregnant or planning to become pregnant** because it is not known if SYMBICORT may harm your unborn baby
- **are breast-feeding** because it is not known if SYMBICORT passes into your milk and if it can harm your baby. You and your health care professional should decide if you will be taking SYMBICORT while breast-feeding

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to be sure there are no potential drug interactions.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional.

SYMBICORT should be taken twice (2 puffs each time) every day as prescribed by your health care professional.

SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care professional will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- Make sure that you rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing and spit the water out
- Do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care professional
- Always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT

Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, or tongue; or breathing problems

Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week
- you have COPD and notice any symptoms such as increase in mucus or change in mucus color, fever, chills, increased cough, or increased breathing problems because these symptoms may mean you have pneumonia or another lung infection

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil® Aerolizer®, Brovana®, or Perforomist®

WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Increased risk of pneumonia if you have COPD
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Immune system effects and a higher chance for infections
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness

WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

Adults and children age 12 years and older with asthma

- Headache
- Sore throat
- Oral thrush
- Upper respiratory tract infection

Patients with COPD

- Oral thrush

Long-acting beta$_2$-agonists may increase the risk of asthma-related death. Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.

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Holly Hirshberg's backyard bonanza inspired a whole new way to fight hunger.

the backyards of just nine homes. "The fruit was so fresh, it just flew off the pantry shelves," says Joni. "We knew we were onto something good!"

The harvest Since 2002 the nonprofit has delivered over 2.2 million servings of fruit to the hungry. In 2009, 173,000 pounds of fruit was harvested from the yards of 500 homes. Today there are 2,000 homes in their database and more than 900 volunteers, who range in age from 7 to 97. Even with all of the eager recipients, there is fruit left over each season, which volunteers make into thousands of jars of jam, jelly and marmalade. Sales of these supplement funds from grants and private donations. For Joni and her husband, Craig, the organization's secretary, treasurer and IT adviser, what's especially gratifying is the way Village Harvest changes the lives of families. "I've had people rush over to me to say thanks, give me hugs and even sing 'God Bless America,'" Joni says. "One woman told me that the oranges were keeping her family off welfare. Her kids were a lot healthier, which meant she didn't have to take days off work to stay home when one of them was sick, so she was finally able to hold on to a job."

For more info Villageharvest.org

» The National Center for Home Food Preservation offers specifics about canning, freezing and storing fruits and vegetables. Visit uga.edu/nchfp.

HOLLY HIRSHBERG, 38
San Antonio, Texas
Cofounder and executive director, The Dinner Garden

Mission Gives out free fruit and vegetable seeds.

Roots of the idea Holly and her husband, Sean, first started growing their own vegetables as a form of therapy for

{ FamilyCircle.com
For gardening how-to's, and more on helping hungry families, go to familycircle.com/gardening

Photo: Melissa Chodosh.

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Gardens do more than fill stomachs—they unite communities.

the couple's two children, Sam, now 18, and Jacqui, 17. The Hirshbergs adopted the biological siblings, who were 9 and 10 and had serious behavior problems, in 2002. "We couldn't trust the kids with pets at first," says Holly, "so we gave them plants they could nurture, hoping that along the way they'd learn compassion and responsibility." It worked for the children—and also yielded bumper crops of cucumbers, tomatoes, red and yellow peppers, squash, watermelon and herbs.

A cause blossoms As the recession deepened in the summer of 2008, Holly heard news reports that demand at the local food bank was up by about 60% while donations were way down. And, she learned, with gas prices soaring, even when there were enough supplies people couldn't afford the drive to pick them up. "I knew there had to be another, better way to feed people," Holly says. One day, looking at the abundance in her backyard, the answer came to her. "If I give people seeds, they could grow their own produce at home," she thought, "and they'd never again have to worry about running out." Holly discovered that if she bought in bulk, it would take just $5 worth of seeds to feed a family of seven fresh produce for a year. What's more, she found, it takes only 4 square feet of dirt to grow a 12-month supply of fruits and vegetables for one adult. "I concluded that the solution to a family's hunger," says Holly, "could be in their backyard."

The harvest The Hirshbergs began distributing seeds in January 2009, through social agencies and businesses, to anyone who wanted them. Since then the organization has helped over 50,000 individuals, families and community gardens in all 50 states, with volunteers working alongside the Hirshberg family. The requirement to receive seeds is simple: "All we ask," says Holly, "is that if you grow something you're not going to eat, you give it to someone who will."

For more info Dinnergarden.org

» Visit worldfoodgarden.org for a "Plant Guide," which has the best planting dates for your area. Find tips on container gardening at lifeonthebalcony.com/. ●

MOMster

Meet other moms who grow, harvest and preserve their own food. Go to momster.com/fc/gardening

Photo: Melissa Chodosh.

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SCRAPES AND BRUISES ARE PART OF GROWING UP.

BUT SOME THINGS DON'T HAVE TO BE.

As your preteen grows up, he or she will continue to need your protection. So it's important to know about the diseases that can affect your son or daughter:

- **HPV (human papillomavirus):** the virus that can cause cervical cancer, genital warts, and other HPV-related diseases
- **BACTERIAL MENINGITIS:** a very serious infection of the brain and spinal cord lining
- **WHOOPING COUGH:** a highly contagious, prolonged respiratory tract infection
- **CHICKENPOX:** a viral infection that causes fever and an itchy rash, which can turn into blisters

AT YOUR CHILD'S NEXT DOCTOR'S VISIT, ASK WHAT YOU CAN DO TO HELP.
Or visit sponsor.webmd.com/preteenhealth to learn more.*

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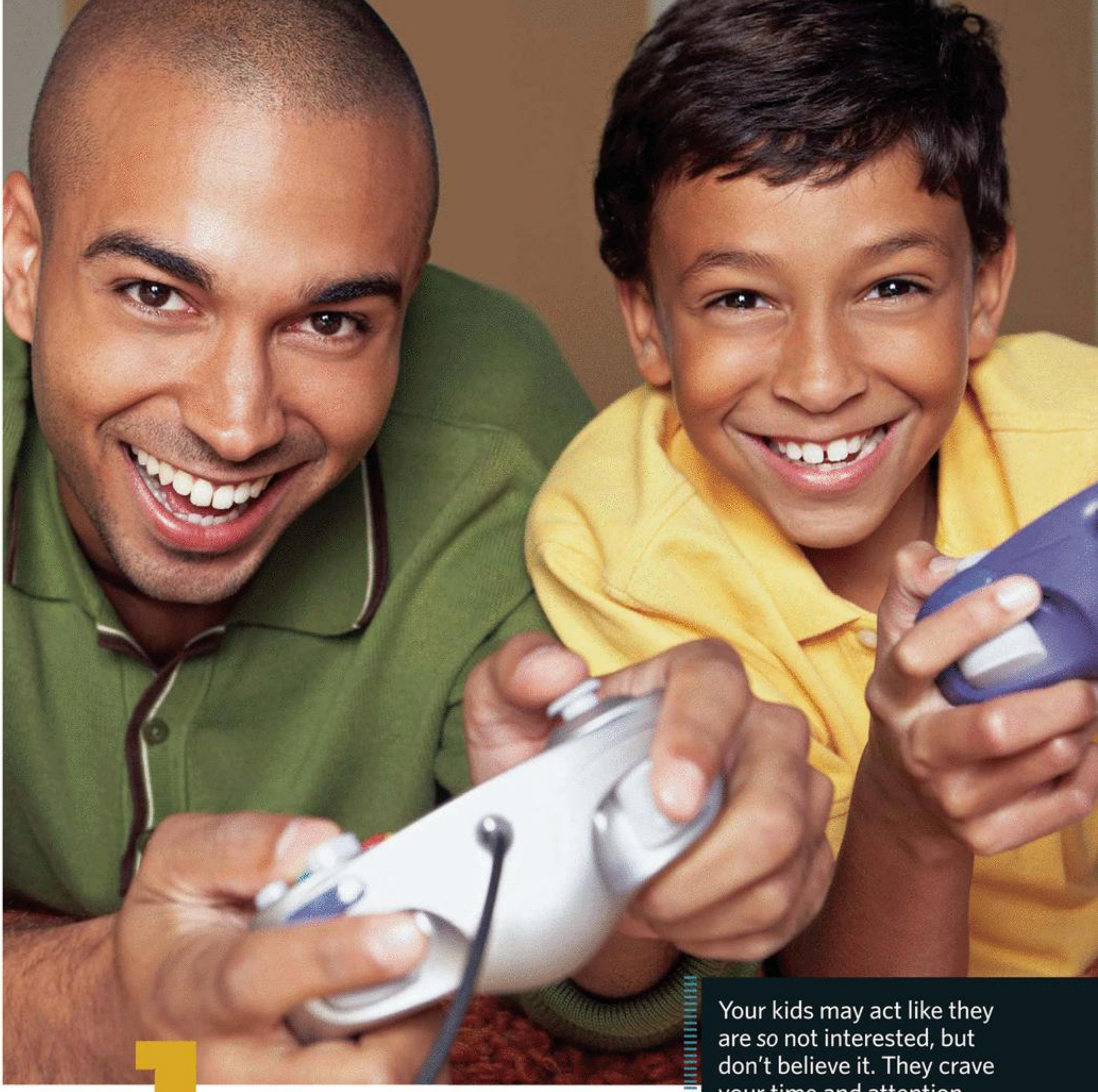

Your kids may act like they are *so* not interested, but don't believe it. They crave your time and attention. And there are some surprising ways to make the connections happen.

by Nancy Kalish

close encounters

My daughter, Allison, and I were watching a trashy talk show together. But Allison, then 17, had no idea that it was more than just a guilty pleasure. As one of the teen guests on *Maury* revealed that she'd had sex with several boys and was pregnant, I saw Allison's eyes widen. "What do you think of that?" I asked. "I can't believe anyone would be so stupid," she replied with passion. "It's so awful and sad." I was amazed at how easy that was—she had discovered something I really wanted her to know, and I hardly had to say a word.

Photo: Randy Faris/Corbis.

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Forget the long lectures and the scheduled meetings. It might sound counterintuitive, but one of the best—and easiest—ways to bond with your child is by watching bad television. When my daughter and I are discussing the questionable antics of talk show guests or reality show contestants rather than the lives of her and her friends, she's more likely to listen and to speak honestly about herself.

Stumbling on this technique taught me that I should always be on the lookout for spontaneous moments of connection. "Preteens and teens need their parents as much, if not more, than they did when they were younger," says Michael Riera, Ph.D., author of *Staying Connected to Your Teenager* (De Capo Press). "But they hate anything that smacks of 'let's sit down and talk.' So you've got to be creative."

After my *Maury* success, I knew I was onto something, so I asked other parents of tweens and teens how they stay close with their kids. And if you can do as they do, you might just find there will be a whole lot more talking going on in your family.

LINKED-IN MOVE

sneak up from the side

"I used to ask John, my 15-year-old, all types of questions and just get a shrug," says Jackie Ghosen, from Buffalo, New York. "Then one day we took a walk together and the answers came rolling out. So I try to create opportunities to 'side talk.' I'll help him stuff inserts in his newspapers for his paper route or have him help me fold towels."

→ **WHY IT WORKS** Most teens are like John, says Riera. "Sitting straight across from kids and insisting on eye contact makes them feel judged and self-conscious," he explains. "But being able to look straight ahead at nothing gives them a comfort zone."

LINKED-IN MOVE

go to the IM and the text

"My girls love to chat online, even though I'm right in the next room," says Peggy Kriegel, a mother of 15-year-old twin daughters and a 4-year-old son, from Braselton, Georgia. "I'll IM something silly to one of the girls, and we'll go back and forth, and then when I ask how school was, I'll get more than a one-

Photo: Kevin Dodge/Corbis.

HORIZON

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*Kris-Etherton, et al.; *Am J Clin Nutr* 2000;71(suppl):179S-88S.

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word answer. She'll write about a boy she likes who said something mean, and seem interested and open when I type back, 'Give him some space.'"

→ **WHY IT WORKS** You're communicating on her terms, in her language. "If you're not sure what you're doing, all the better," says Lisa Boesky, Ph.D., author of *When to Worry* (Amacom Books). "Ask your teen to teach you texting shortcuts, for example." And if your child is on a social networking site, have her give you a tour now and then. She may spill details you'd never hear otherwise.

LINKED-IN MOVE

help others together

"Sam loves to argue," says Deborah Lindner of Salt Lake City about her 15-year-old son. "But our whole family is crazy about dogs, so when my husband and I suggested we all volunteer at the Humane Society of Utah, there were no disagreements."

→ **WHY IT WORKS** Besides building family pride through altruism, volunteering is a way for you to give your teen positive feedback—a huge opportunity if you've been criticizing him a lot lately. The key to success is coming up with something everybody is interested in. Find ideas at thevolunteerfamily.org or in *The Busy Family's Guide to Volunteering* by Jenny Friedman (Robins Lane Press).

LINKED-IN MOVE

share their passions

"Coleman, my 16-year-old, loves to talk about anything involving a ball," says Jody Grant-Gray of Santa Monica, California. "So I read his sports magazines, then ask him about the articles. I can tell he appreciates that I'm trying to learn." Jody also spends weekends watching football with her son and

Photo: Bohemian Nomad Picturemakers/Corbis.

necessary business

You've found pot in your son's room or discovered that your daughter has been skipping school. Now you *have* to talk. How can you get your teen to open up—and listen to what you need to say? Try this advice from **LISA BOESKY, PH.D.**

→ **Give yourself time to prepare.** Unless your child is in immediate danger, take a few hours to calm down and think. Also hold off if your teen comes home drunk or high. You can't accomplish anything until he's sober. If you have a spouse, discuss your views and agree on the consequences ahead of time. Then talk with your teen away from sibs and when there's not a big test the next day.

→ **Keep it simple.** Focus on what you heard, saw or have in your hand. Say, "I found this pot in your room. Can you tell me about it?" State your concerns clearly and directly, as in, "The school secretary said you weren't there today. What's going on?" Stay away from accusatory statements (as in, "You are ruining your life!"), which only make people defensive. Instead, use "I" statements like, "I'm worried that your grades have been slipping." Then listen.

→ **Be willing to hear the truth.** If your child gives an honest answer that's startling, try not to panic, judge or get angry. Otherwise, you're likely to hear, "I didn't tell you because I knew you'd freak out!"

→ **Don't drag it out.** If your child admits to wrongdoing, state your objections succinctly, as in, "Using pot is illegal and dangerous. I care about you and won't accept this behavior." Then be ready with a consequence. If he refuses to explain, calmly state, "I really want to hear what you have to say. But if you won't tell me, I can only assume the pot is yours." Then state what he has to do to regain your trust. Finally, remind him you're there if he needs you and try again in a few days. If he still won't open up, find another adult with whom he feels more comfortable. Of course, if it looks like your child has a drug or other mental health problem, consult his doctor.

And for extra credit, some smart ideas

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husband. "Sometimes I'll pay bills or read," she says, "but I'm right there when he says, 'Mom, you have to see this!'"

→ **WHY IT WORKS** Sharing his interest shows him special respect. "You're giving the message, 'I'm intrigued with you as a person,'" says Ralph I. Lopez, M.D., clinical professor of pediatrics at New York City's Weill Cornell Medical Center. Don't worry if your kid acts lukewarm when you ask to play his new video game. His "whatever" really means "yes," says Riera. "He's just testing to make sure you're not faking it."

LINKED-IN MOVE

schedule "date nights"

"At least once a month I insist on some one-on-one time with my kids," says Warren Augenstein, a dad from Houston. "I'll take my 11-year-old daughter to a play or a gallery opening, something her 14-year-old brother probably wouldn't enjoy. His favorite outing is a local high school ball game, so that's what we do."

→ **WHY IT WORKS** Three little words: All your attention. "Kids never outgrow the need to have your focus on them, at least for an evening," says Dr. Lopez. But remember that you're there to have fun, so keep the talk light. There's nothing like a lecture on homework habits to ruin an outing.

LINKED-IN MOVE

be there at bedtime

"Both my boys like to check in with me at the end of the day," says Lauren Mayer of San Mateo, California. "Ben, my 14-year-old, likes to talk about the next day's agenda, or something philosophical. His brother, David, who's 17, is a theater kid and he takes a lot of dance classes, so I'll give him a back rub. As he relaxes, he opens up."

→ **WHY IT WORKS** Even when kids are big, their defenses go down when they're tired, says Riera. And there's probably less competition for their attention when the house is quiet. They've also had a chance to reflect on their day—and may even be willing to tell you how they're feeling. ●

MOMster

To join a conversation about ways to get close to kids, visit momster.com/group/connectingwithkids

plugged-in parent

The talk will flow if you use these four basic strategies.

1 **Skip the lecture.** You have about 60 seconds before your teen tunes you out.

2 **Keep your ears open.** Be what Ralph I. Lopez, M.D., calls "tellable." That means consistently listening calmly without jumping in with judgmental comments. Instead, prompt him with short questions that show you're interested, such as, "So how did that make you feel?" Or, "Why do you think she said that?"

3 **Watch your body language.** Are your arms crossed? You could seem angry even if you're not, says Lisa Boesky, Ph.D. And don't stand over her when she's sitting or put your hands on your hips. Both feel overbearing.

4 **Hang on to family meals.** Sure, everyone is busy. But kids who can count on regular sit-downs are less likely to get into trouble and more likely to do well in school. Besides, your child wants your company.

84%

of teens would rather have supper with their parents than alone.

Source: The National Center on Addiction and Substance Abuse at Columbia University

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Restrictions may apply.

Please see Important Safety Information and Brief Summary of Full Prescribing Information on adjacent pages.

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VYV-01350 12/09

MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. **Heart-related problems:**

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. **Mental (Psychiatric) problems:**

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Last Modified: 05/2009 VYV-01080

Shire

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Vyvanse: Shown to provide consistent ADHD symptom control even at 13 hours after taking.

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1-866-630-1283, vyvanse.com

Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

IMPORTANT SAFETY INFORMATION

Vyvanse is a stimulant medicine. Abuse of stimulants may lead to dependence. Misuse of stimulants may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with stimulant use.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thoughts or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Talk to your health care provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your health care provider may stop Vyvanse treatment if a problem is found during these check-ups.

The most common side effects reported in studies of Vyvanse were upper belly pain, dry mouth, weight loss, irritability, vomiting, nausea, dizziness, trouble sleeping and decreased appetite.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the previous page.

Shire ©2009 Shire US Inc. VYV-00661 09/09

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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BY CELIA SHATZMAN

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shopping

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❄ There are three steps to a successful e-shopping experience, according to Ellie Kay, author of *Living Rich for Less* (Waterbrook Press). First, use a shopping robot at **mysimon.com** or **fatwallet.com** to find the lowest price for the item you want. Then go to a code site like **dealhunting.com** or **retailmenot.com** for free shipping offers or other discounts. Last, get rebates for purchases at **ebates.com.**

❄ **Pricegrabber.com,** a comprehensive comparison-shopping site, gives prices that include tax and shipping for goods like clothing, computers, groceries, electronics and more.

illustrations by **Stephen Webster**

online

COUPONS

Put those scissors away—the Web has made coupon-clipping a cinch.

- Save money, support local businesses and give to nonprofits at **commonkindness.com**. Each time you print a free coupon the site donates up to 5 cents to charities you've selected.
- Download the free Coupon Sherpa app (**couponsherpa.com**) on your iPhone, and while you're shopping it will look for coupons, which are scanned directly from your iPhone at checkout.
- Search for a product on **thefind.com** to see every online price option, as well as all available coupons and reviews on the Web.
- Get free coupons for local businesses from **edeals.com,** with more than 6,000 retail partners, by clicking on the Printable Coupons tab.
- **Extrabux.com** finds the lowest price on millions of products, compiles online discounts and gives cash back at over 1,500 online stores.
- The Facebook app from **shopping-bargains.com** delivers a roundup of online coupon codes and shopping deals to your profile page for a wide range of categories, including shoes, groceries and tires.
- **Billeo.com**'s Offer Assistant puts discounts right into Google, Yahoo and Bing searches, and even auto-fills cost-cutting codes at the checkout page of approximately 1,800 retailers, such as Walmart, Target and Barnes & Noble.
- Just type in your zip code on **ebayclassifieds.com** to see what's for sale in your neighborhood. The site is especially useful for large items like furniture, sports equipment, tools and appliances. (You pick up purchases in person.)
- Earn a few bucks—and save them too—on **zilok.com,** a peer-to-peer renting platform. Zilok's Rental Income Simulator tells you how much to charge. Consider listing tools, trucks, vacation rentals, surfboards, campers, Wiis, space heaters, Halloween costumes and more.
- Join **swaptree.com** to trade books, CDs, DVDs and video games through the mail—all you pay for is the postage.

fitness

SLIM GYM

Shape up virtually. With costs starting at $30 a month, gym memberships, personal trainers and yoga classes can get pricey. But you can find free online workouts from certified trainers at the iTunes store and on YouTube (and Netflix, if you're a member).

DEDUCTIVE REASONING

Consider raising your car, home and health insurance deductibles, says Stacy Johnson, author of *Life or Debt 2010: A New Path to Financial Freedom* (Pocket Books). Choose a high deductible, such as $1,000 for your home and car, and $5,000 for health. Then deposit what you save in monthly payments into an emergency-fund bank account.

INSURANCE

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save

health care

FINANCIAL WELLNESS

In 2009 the average American family spent more than $1,400 out-of-pocket on medical bills. More important: Nine out of 10 health care bills contain errors. Next time you receive a statement, visit medicalcostadvocate.com. The free site gets money back for about 85% of customers by negotiating on the patient's behalf. Derek Fitteron, CEO of Medical Cost Advocate, explains how to check your health care bills for accuracy.

- Always request an itemized statement from your provider to scan for redundant charges. If there are any unidentified or miscellaneous amounts, ask for the complete details.
- Make sure all of the procedures listed were actually done.
- If a price seems particularly high, research the average cost. A good place to start is the Centers for Medicare & Medicaid site, **cms.gov** (although it lists the lowest prices). If you think you've been overcharged, you may be able to bring the amount down.

BILL OF HEALTH

- To see if your medical and dental expenditures qualify you for a tax deduction, track your expenses at **changehealthcare.com.** When you reach 7.5% of your adjusted gross income, the site automatically sends you a report to help you fill out your taxes.

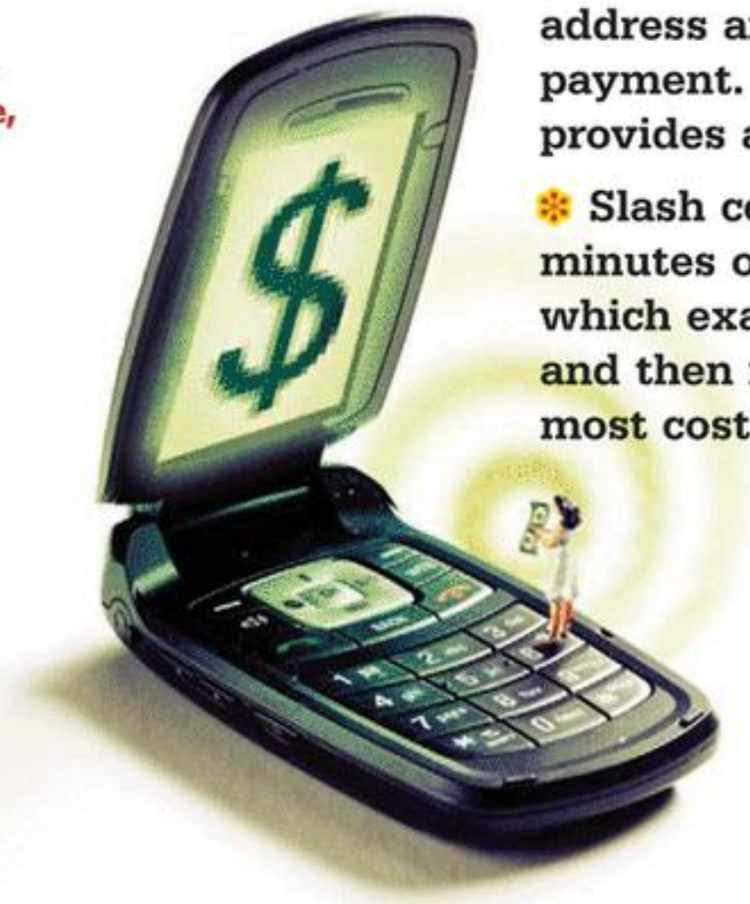
HOME IMPROVEMENT

Help your wallet—and the earth—by making your home more energy efficient. Even small tweaks can make a major dent in your monthly bills. And if you decide to do major improvements, you could earn government rebates of up to $3,000, thanks to President Obama's new Homestar program. Kathleen Kuhn, president of HouseMaster, one of the largest home inspection companies in North America, shares how homeowners can make DIY upgrades.

- Buy a programmable thermostat (available at hardware stores for less than $50). The average family spends 50% to 70% of its utility bill on cooling and heating, so the device will quickly pay for itself.
- Change the filters in your furnace and air conditioners regularly. They use more energy when clogged because of restricted airflow.
- People overlook the need for insulation in attics, especially during the summer. Heat rises to the attic and gets drawn back into the home, forcing air conditioners to work harder. In winter, heat rises and escapes through the roof.
- According to the Department of Energy, leaks in windows and doors are responsible for 5% to 30% of a home's energy loss. Drafts are often found around windows and doors; where you see cracks or weather stripping; or by plumbing or electrical fixtures near exterior walls. Seal leaks by caulking.
- Lowering the water temperature just 20 degrees can slash water-heating costs up to 10%. Buy a special insulating blanket for the water heater—Kuhn recommends Duck Brand—from any hardware store for $10 to $20.

TALK IS CHEAP

- **Recycle old cell phones on yourenew.com and get cash back—two cell phones earn you an average of $65. List your model, answer a few quick questions, and enter your e-mail address, mailing address and choice of payment. The site even provides a shipping label.**
- **Slash cell phone bills in minutes on cellbills.com, which examines phone usage and then recommends the most cost-efficient plan.**



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someone who's **got** what you've got is out doing what you're **not**

Help prevent asthma symptoms before they start. Talk to your doctor about prescription SINGULAIR. Once-a-day SINGULAIR is proven to help control asthma symptoms for 24 hours. It helps relieve indoor and outdoor allergy symptoms too. Help prevent asthma symptoms—help yourself breathe a little easier while doing the things you want to do. Ask your doctor about steroid-free SINGULAIR.

IMPORTANT SAFETY INFORMATION

SINGULAIR is not a rescue medication. Always carry a prescribed rescue inhaler for emergencies or sudden symptoms. If your asthma symptoms get worse or you need to increase the use of your fast-acting inhaler, call your doctor at once.

Side effects vary by age and may include headache, ear infection, sore throat, and upper respiratory infection. Behavior and mood-related changes have been reported, including agitation, aggression or anger, bad or vivid dreams, depression, anxiety, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), trembling, and trouble sleeping. Tell the doctor if you have these or any other side effects while taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Patient Information on the following page and discuss it with your doctor.
To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-36.

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(MONTELUKAST SODIUM)

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Enroll now in the Asthma Information Resource (A.I.R.) Program. Learn ways to help manage your asthma.

Eligible patients may also **save money** on prescriptions for SINGULAIR.* Go to **AIRforasthma.com** to enroll now and start receiving asthma information today. As a member of the A.I.R. Program, you'll have access to helpful tips on:

- Getting the most out of your doctor appointment
- Understanding asthma
- How to recognize things that can trigger an attack
- How to be active with asthma
- **Money-saving** offers for eligible patients*

This is not a coupon.

*Not all patients are eligible. Restrictions apply. See terms and conditions at AIRforasthma.com.

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Patient Information
SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR*?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. **Asthma.**
   SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.
   Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
2. **Prevention of exercise-induced asthma.**
   SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.
3. **Allergic Rhinitis.**
   SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:

- **Pregnancy**: If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding**: If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies**: Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines**: Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:

- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your treatment of exercise-induced asthma.
- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:

- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:

- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:

- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:

- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising
- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms:**

- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.
Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only
US Patent No.: 5,565,473
Issued August 2009

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Arrr you ready to party? With delicious snacks like Pirate's Booty, great pirate gear for guests and a plethora of games to play, your little buccaneers will be giving three cheers for Mom if you throw your kid a pirate-themed party! To make your party a real gem, it's all in the details:

- Roll up invitations inside root beer bottles and leave them on doorsteps
- Design an in-home treasure hunt and give out maps
- Make treasure chest goodie bags filled with Pirate's Booty

ENTER TO WIN!

One (1) Grand Prize winner will receive the following:

- Eye patches, bandanas and temporary tattoos for guests
- Treasure chest, gold coins, and skull & cross bones flags
- 1-year supply of Pirate's Booty
- $750 Party City gift card

Enter online at **familycirclepromo.com** for a chance to win!

No purchase necessary to enter or win. Subject to Official Rules and entry at www.familycirclepromo.com. The "It's P-arrr-ty Time!" Sweepstakes begins June 29, 2010 and ends August 29, 2010. Entries must be received by 11:59 p.m., E.T., on August 29, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per household. Void where prohibited. Sponsor: Meredith Corporation

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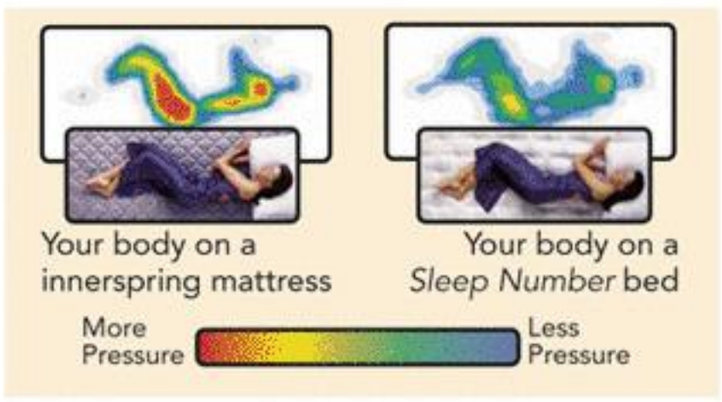

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*Restrictions apply. See Savings Card for details and expiration date. †Descriptions of clinical studies on the Sleep Number bed are available by calling 1-800-831-1211. ‡If not satisfied after 30 nights, call within 45 days of delivery to arrange return. We'll reimburse the purchase price less your initial shipping or Home Delivery and Setup fees. You pay return shipping. No returns or exchanges on Precision Comfort® Adjustable Base, close-out or demo bed models.

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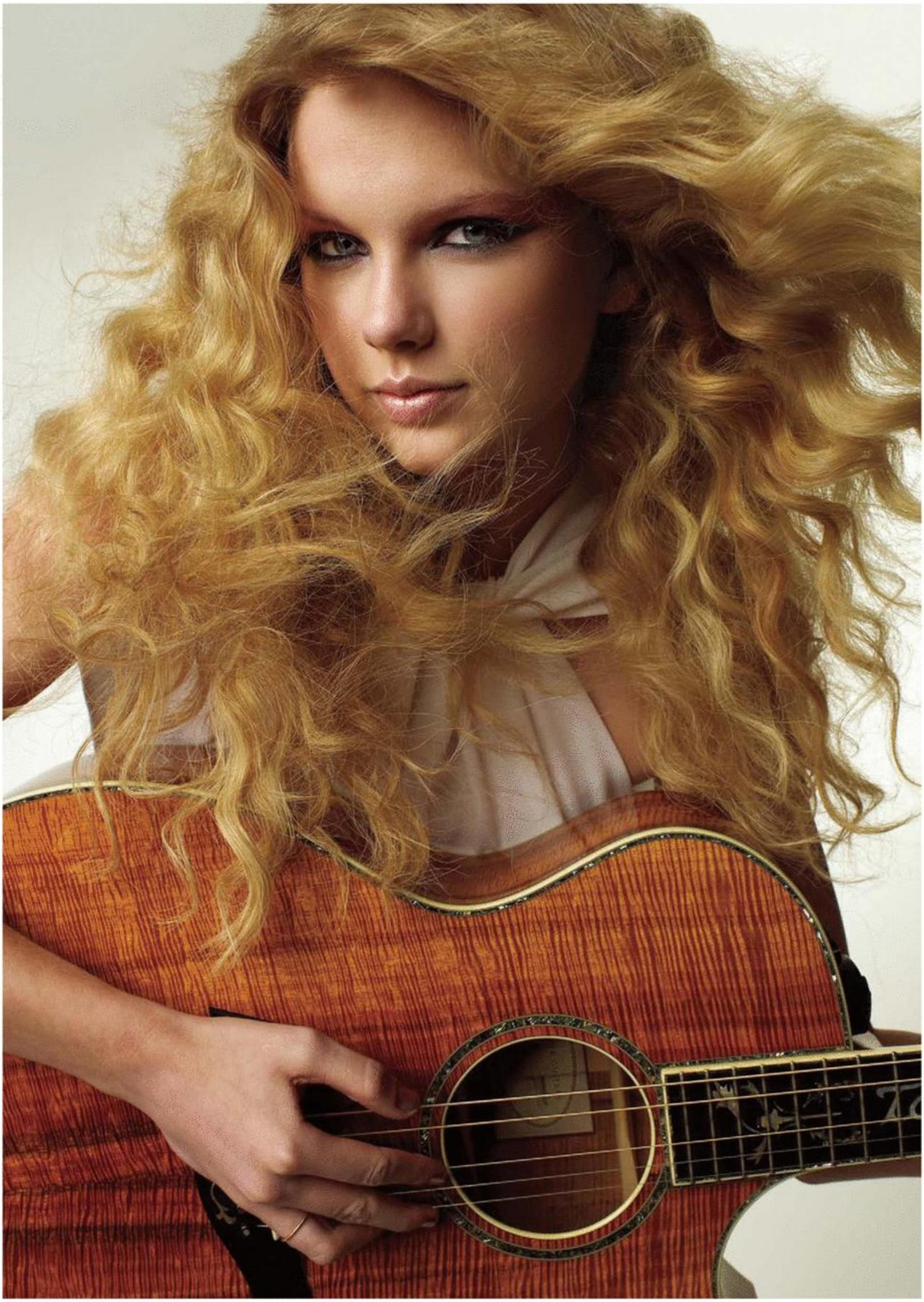

Peggy Sirota *for* Rolling Stone

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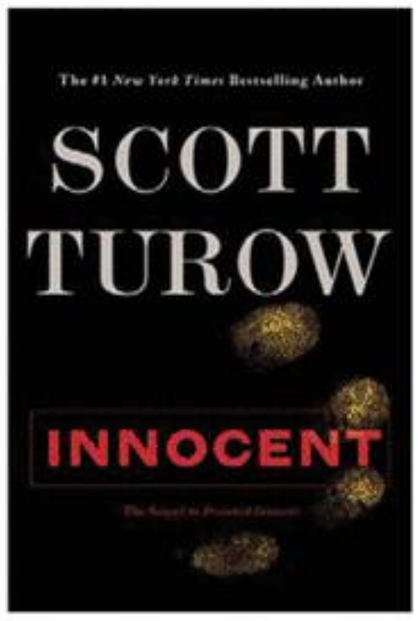
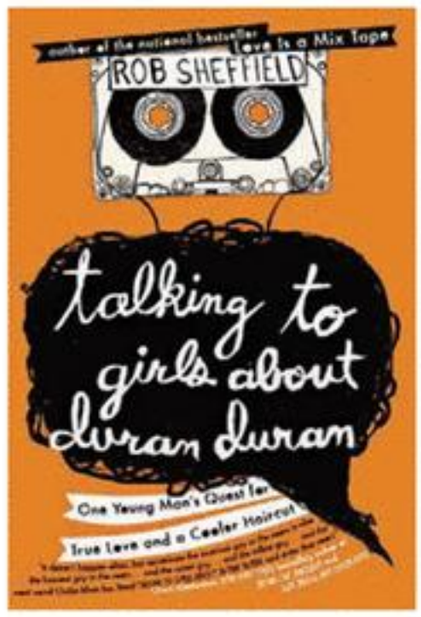
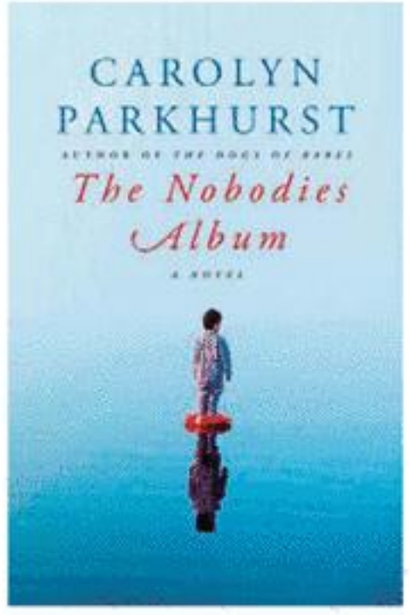


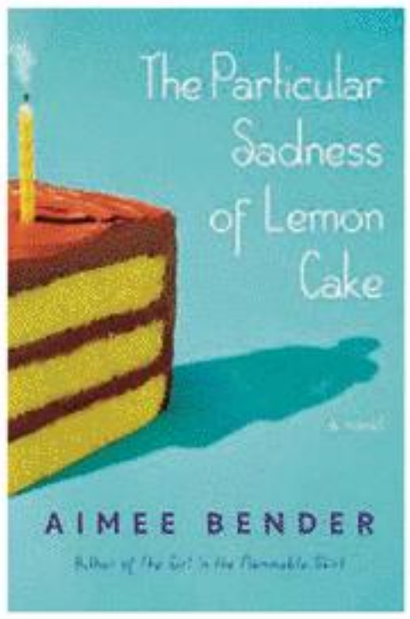
Innocent, by Scott Turow (Grand Central Publishing)
While you probably haven't been wondering about Rusty Sabich, the protagonist of 1987's *Presumed Innocent*, now that he's back you're glad to see him. (Even if he's once again cheating.) Turow does a masterful job of rehashing the past as a way of drawing us back into this thrilling courtroom chess match.



Talking to Girls About Duran Duran, by Rob Sheffield (Dutton Adult)
As it was in his debut book, *Love Is a Mix Tape*, music is the thread that stitches together Rob Sheffield's memories. Reminiscences of Hall & Oates, assorted one-hit wonders, and, of course, plenty of references to the "Hungry Like the Wolf" hunks, pepper a touchingly funny memoir of Sheffield's teenage years.



The Nobodies Album, by Carolyn Parkhurst (Doubleday)
Did he or didn't he? That is what novelist Octavia Frost, the charming but somewhat unreliable narrator, is trying to figure out. While unraveling the truth about her estranged rock-star son, Milo, and his murdered girlfriend, Octavia attempts to rewrite her family's tragic history in this gripping modern mystery.



The Particular Sadness of Lemon Cake, by Aimee Bender (Doubleday)
On the eve of her 9th birthday, Rose find herself gifted with a curse: She can taste people's feelings in the food they prepare. And while the inner life of her family members—especially her unfulfilled mother—becomes almost too much for her to stomach, Rose eventually finds a palatable peace. An evocative and richly satisfying read.

illustration by **Tad Carpenter**

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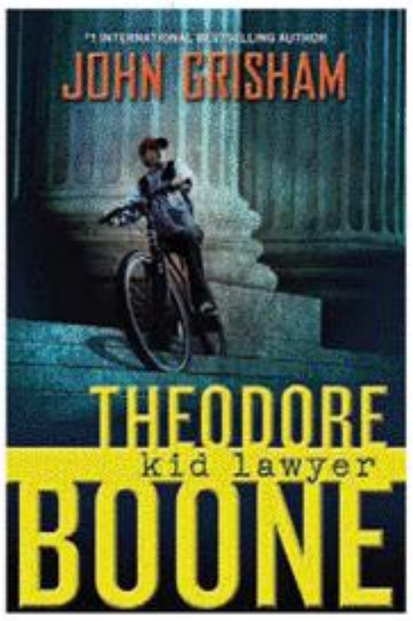
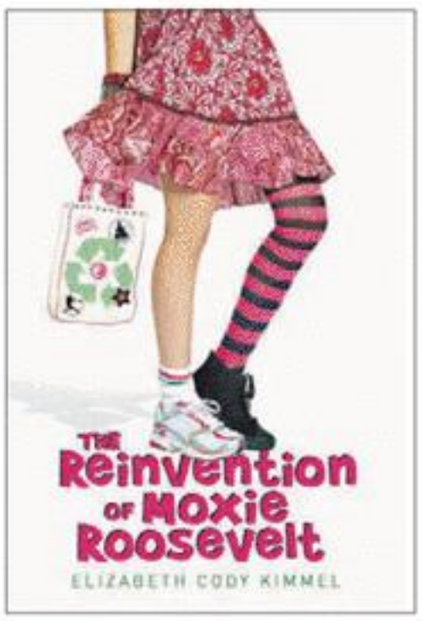
Kid Picks

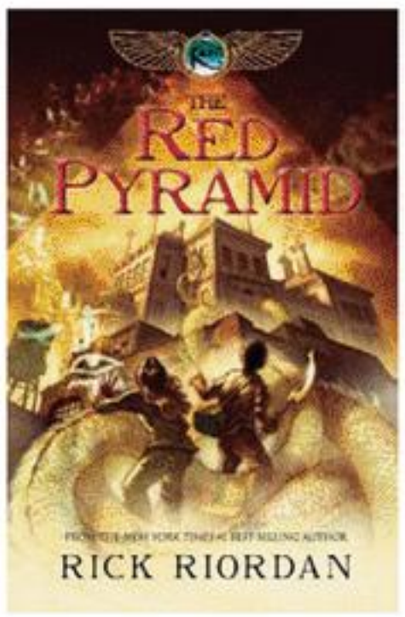
No complaints—guaranteed—when you put one of these on their must-read list.



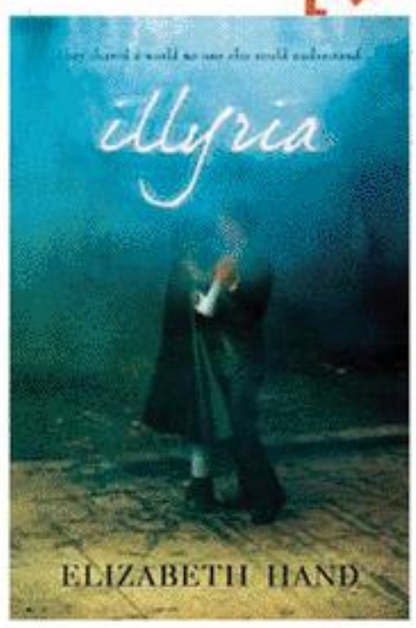
Theodore Boone: Kid Lawyer, by John Grisham (Dutton Children's Books) WHY THEY'LL LOVE IT: A 13-year-old legal eagle. A murder trial. A killer who's about to go free. John Grisham for the preteen set—what more evidence is needed?



The Reinvention of Moxie Roosevelt, by Elizabeth Cody Kimmel (Dial Books for Young Readers) **WHY THEY'LL LOVE IT:** Funny, self-deprecating Moxie's endearing lack of confidence. In her quest to make herself over, Moxie learns lessons tweeners will relate to.



The Red Pyramid, by Rick Riordan (Hyperion Books for Children) WHY THEY'LL LOVE IT: By the author of the Percy Jackson series. This time the gods creating havoc are from ancient Egypt and it's a brother-sister duo who have otherworldly powers.



Illyria, by Elizabeth Hand (Viking) WHY THEY'LL LOVE IT: Moody, magical and mature—and a mere 135 pages. The star-crossed cousins' secret romance takes an even darker turn when they're cast in their school's production of *Twelfth Night*.

FamilyCircle.com
Check out our editors' favorite teen reads at familycircle.com/summerreading

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Staffers' Summer Reading List

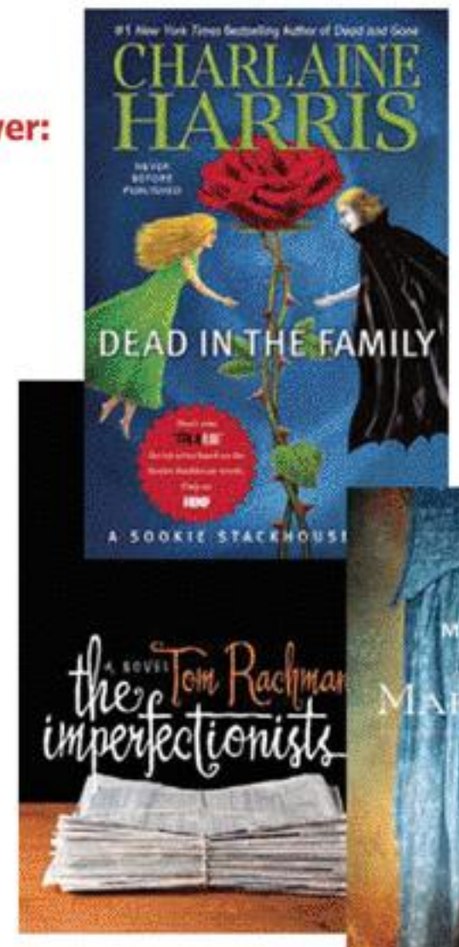
>> As a huge fan of Kim Deal, Bikini Kill and other riot grrrls who've rocked the last few decades, I plan to read **Girl Power: The Nineties Revolution in Music,** **by Marisa Meltzer.** —*Celia*

>> My friends have been raving about **The Imperfectionists,** by journalist-turned-novelist **Tom Rachman**. Having worked at an English-language daily in Israel, I love that this story takes place at a similar operation in Rome with a staff of eccentric newspaper people whose own lives sometimes prove more interesting than the stories they are covering. —*Tracy*

>> I'm going to cycle through **Janet Evanovich**'s Stephanie Plum series—starting with **One for the Money.** I heard they were frothy, fun beach books. My goal is to finish them all before the movie version comes out in the theaters. —*Allie*

>> Top of my list is **Lips Unsealed,** Go-Go's singer **Belinda Carlisle's** shockingly candid memoir. For decades her life was controlled by drugs and a lack of self-esteem. But with support from her husband and son, and her newfound spirituality, she finally overcomes her demons. —*Robb*

>> Ten years after the fact, a youthful mistake lands an educated, middle-class woman in prison. What sounds like a nightmare becomes a life-changing wake-up call in **Orange Is the New Black: My Year in a Women's Prison.** As **Piper Kerman** recounts her experience, the culture and unexpected friendships she forged with her fellow inmates, she gives voice to a population of women we rarely ever hear from. —*Lisa*



>> **My Name Is Mary Sutter,** **by Robin Oliveira,** is a riveting, well-researched novel about a young nurse during the Civil War. The incredibly vivid details and well-drawn characters create a story that resonates long after the last page is turned. — *Karmen*

>> I'm a *True Blood* diehard, so it's no surprise I've been devouring all of **Charlaine Harris'** Sookie Stackhouse books. I'm almost done with **Dead and Gone**—may it rest in peace. Next up is **Dead in the Family.** —*Susan*

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SMOOTH OPERATOR

Cell phone apps can make family life easier—and even more fun! Check out our favorite tech tools for moms and teens. **BY DAMON BROWN**

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» Learn what's hiding in prepared foods and packaged goods. Search more than 450 ingredients for potential health risks or side effects—it's especially useful if someone has food-related allergies.
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» Track homework assignments and exams. Kids can organize tests and due dates on a calendar, set up study groups with friends and get e-mails reminding them of deadlines. A color-coded system makes it easy to prioritize work.
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WAZE

» Receive up-to-the-second traffic updates. Waze relies on user-provided info (think Twitter) to get the latest on accidents, detours and jams. You'll know when traffic gets better—or worse—before the local news station.
Download details » Android, iPhone, Symbian Nokia and Windows Mobile; free; waze.com

SHAZAM

» Name that tune. Hold your phone near any speaker and this popular app identifies the title and artist of the song that's playing. There are free versions as well as the iPhone's Encore option with bonus features ($4.99).
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LOSE IT!

» Keep track of weight loss. This motivational and monitoring tool offers diet plans, sends exercise goal hints and has calorie counts for 23,000 foods. Share your progress with other moms.
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THRILLSVILLE

SHOW YOUR FAMILY A SCREAMING GOOD TIME AT ONE OF THESE GRAVITY-DEFYING PARKS.

BY ELLEN H. PARLAPIANO

Up and around on the 4,210-foot Dominator, the world's longest floorless coaster.

KINGS DOMINION

DOSWELL, VIRGINIA

Just north of Richmond, discover 15 crazy-fast coasters, including one billed as the biggest and baddest on the East Coast.

THRILL The new **Intimidator 305** climbs, plummets and tears around hairpin turns at over 90 mph. Catch your breath at the water park, then blast out of a lava-spewing mountain on Volcano. Kingsdominion.com; $57 adults, under 48" $34.

CHILL The **Best Western Kings Quarters** is within walking distance to the park. Bestwesternkingsquarters.com; nightly rates start at $99; 800-WESTERN. The resorty **Wyndham Virginia Crossings,** in nearby Richmond, has golf and a pool. The Families on the Civil War Trail package starts at $199 per night for 2 adults and 2 children, and includes breakfast and admission to Civil War sites like **Richmond National Battlefield Park**. Wyndhamvirginia crossings.com; 888-444-6553.

The Intimidator 305 was inspired by Dale Earnhardt's nickname.

LOCAL FAVORITES

Dollywood, Pigeon Forge, Tennessee Traverse rope bridges to the 100-foot peaks at the Adventure Mountain Challenge. **Dollywood.com**

Family Kingdom, Myrtle Beach, South Carolina Enjoy the scenic ocean views on the seaside Ferris wheel, then test your skills by playing classic carnival games. Pay per ride ($2 to $5 each) or get an unlimited-ride wristband. **Familykingdomfun.com**

Photos: Courtesy of Kings Dominion.

CEDAR POINT

SANDUSKY, OHIO

The roller-coaster capital of the world has 17 stomach-churning versions, from steel giants to classic woodens to the awesome Mantis, which you ride standing up.

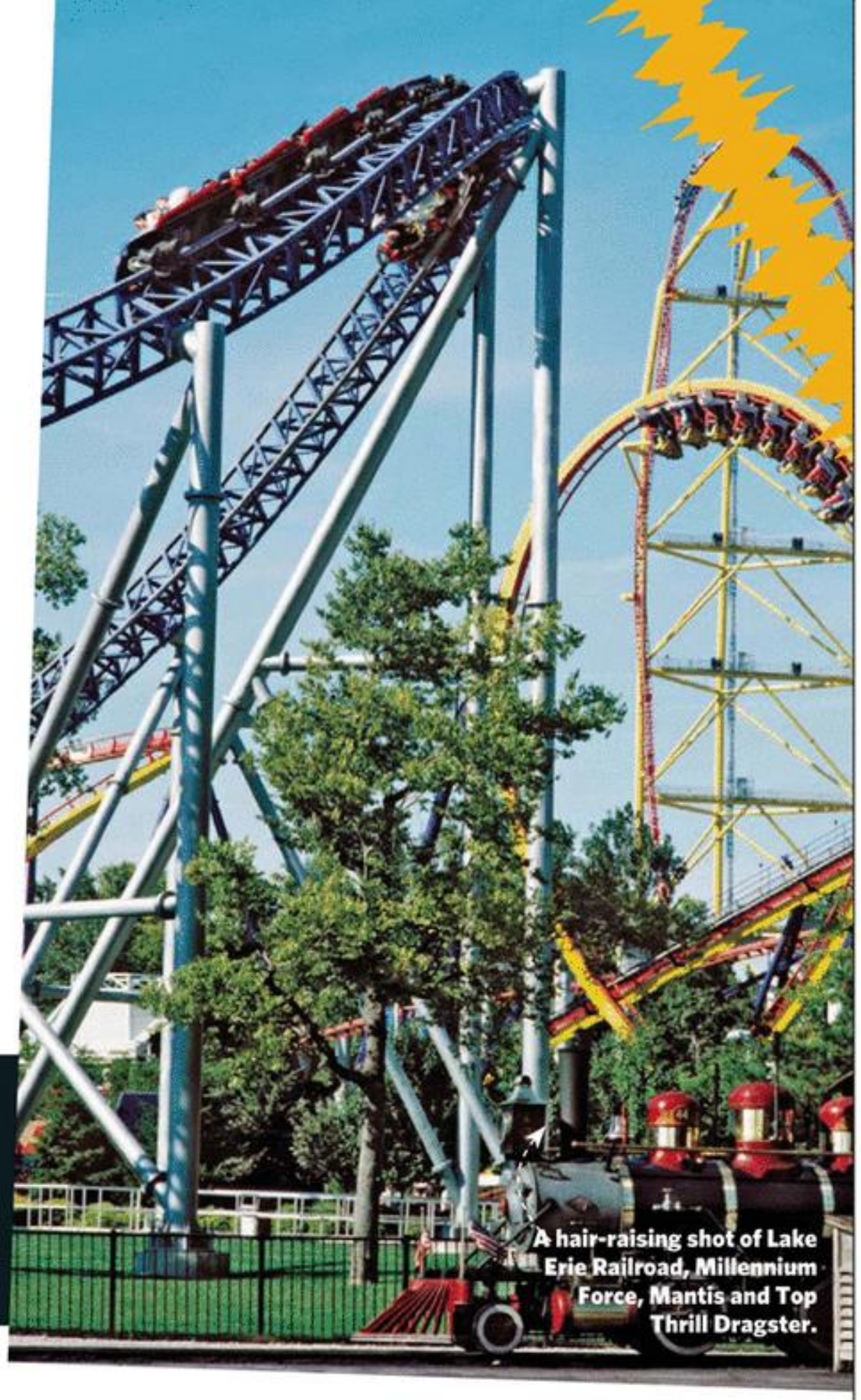
THRILL The towering **Top Thrill Dragster** hurls you downhill at a gut-wrenching 120 mph. Follow with the 310-foot-tall **Millennium Force**—ranked as one of the best steel coasters. Ratchet down the intensity on the new **Shoot the Rapids,** a flume with spritzes and 2 drenching drops. Cedarpoint.com; $46 adults, under 48" $20.

CHILL **Hotel Breakers,** located across a boardwalk from Cedar Point, offers early park entry and discounted admission. Resorts.cedarpoint.com; rates start at $161; 419-627-2106. A short drive away is the **Maples Motel,** a classic motor lodge with pool, hammocks and free doughnuts. Maples motel.com; rates start at $50; 419-626-1575.

LOCAL FAVORITES

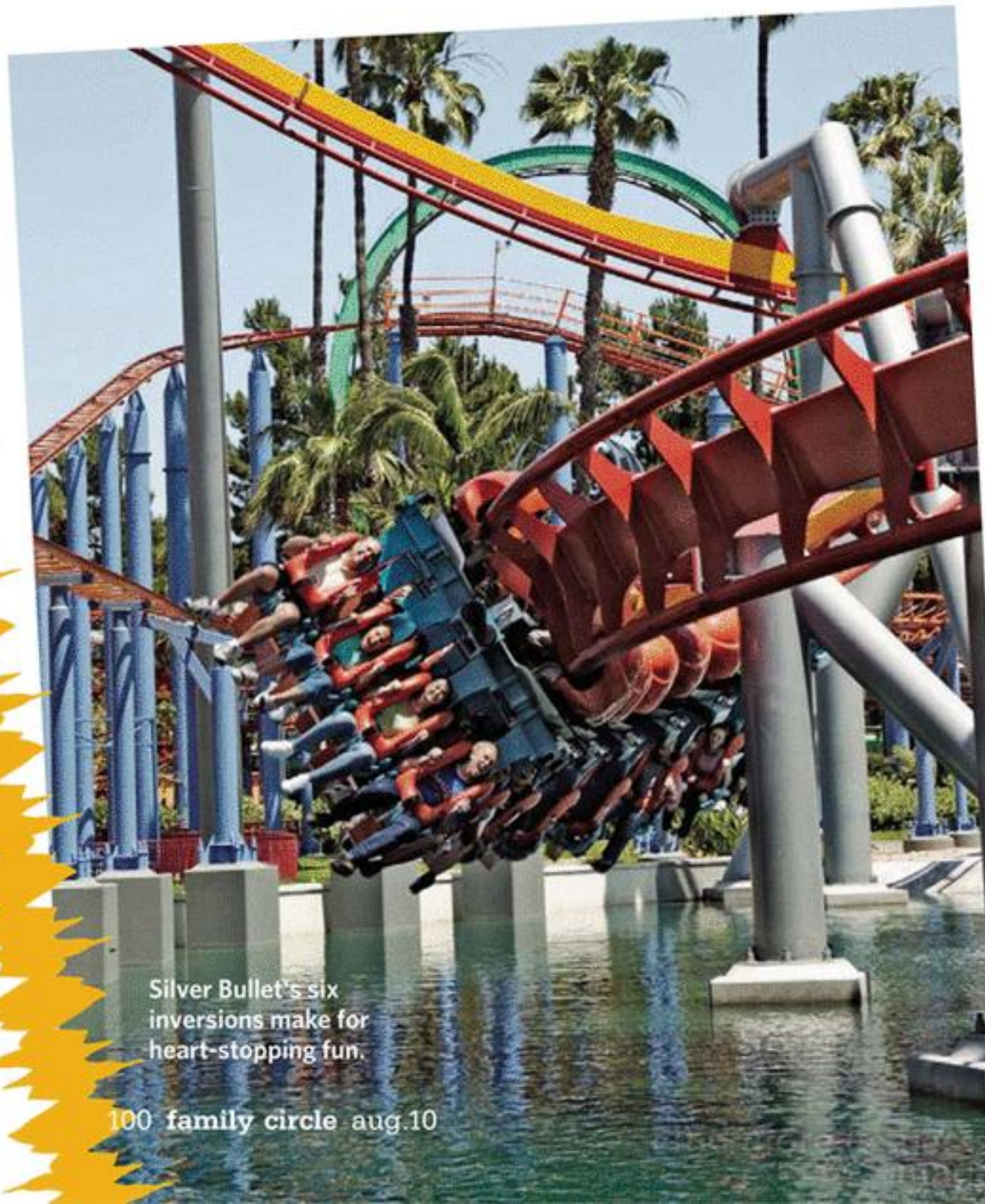
Holiday World, Santa Claus, Indiana
This kitschy holiday-themed park has Santa sightings and is also home to the one-third-mile-long Wildebeest water coaster. **Holidayworld.com**

Wilderness Hotel, Wisconsin Dells, Wisconsin
8 waterparks, 3-D mini golf and a zipline are among the activities offered. Nightly rates start at $130 and include admissions. **Wildernessresort.com**



A hair-raising shot of Lake Erie Railroad, Millennium Force, Mantis and Top Thrill Dragster.

*** BEFORE YOU GO, CHECK THE PARK'S WEBSITE—MOST OFFER DISCOUNTS AND MULTIDAY DEALS. AAA.COM, SAMSCLUB.COM AND COSTCO.COM ALSO HAVE SPECIAL THEME-PARK PRICING FOR MEMBERS.**



Silver Bullet's six inversions make for heart-stopping fun.

KNOTT'S BERRY FARM

BUENA PARK, CALIFORNIA

It may be the nation's first theme park, but the nine mega-coasters are anything but old-fashioned.

THRILL Rip around curves on **Pony Express**; count inversions on the suspended **Silver Bullet** coaster; free-fall on the **Supreme Scream.** And don't miss Mrs. Knott's Chicken Dinner or the boysenberry jam (this was once an actual working berry farm).

CHILL **Knott's Berry Farm Resort Hotel** is right by the park. There is a free shuttle to Disneyland and Universal is a short drive. Knottshotel.com; nightly rates start at $130. **Good Nite Inn Buena Park** has a pool and includes breakfast. Goodnite.com/buena-park; nightly rates from $60.

LOCAL FAVORITES

Legoland, Carlsbad, California
Tweeners will love the laser treasure hunt and new interactive waterpark. **Legoland.com**

Silverwood Theme Park & Boulder Beach Waterpark, Coeur d'Alene, Idaho
Get an adrenaline rush on the Aftershock coaster. **Silverwoodthemepark.com**

Photos (from top): Courtesy of Cedar Point; Courtesy of Knott's Berry Farm.

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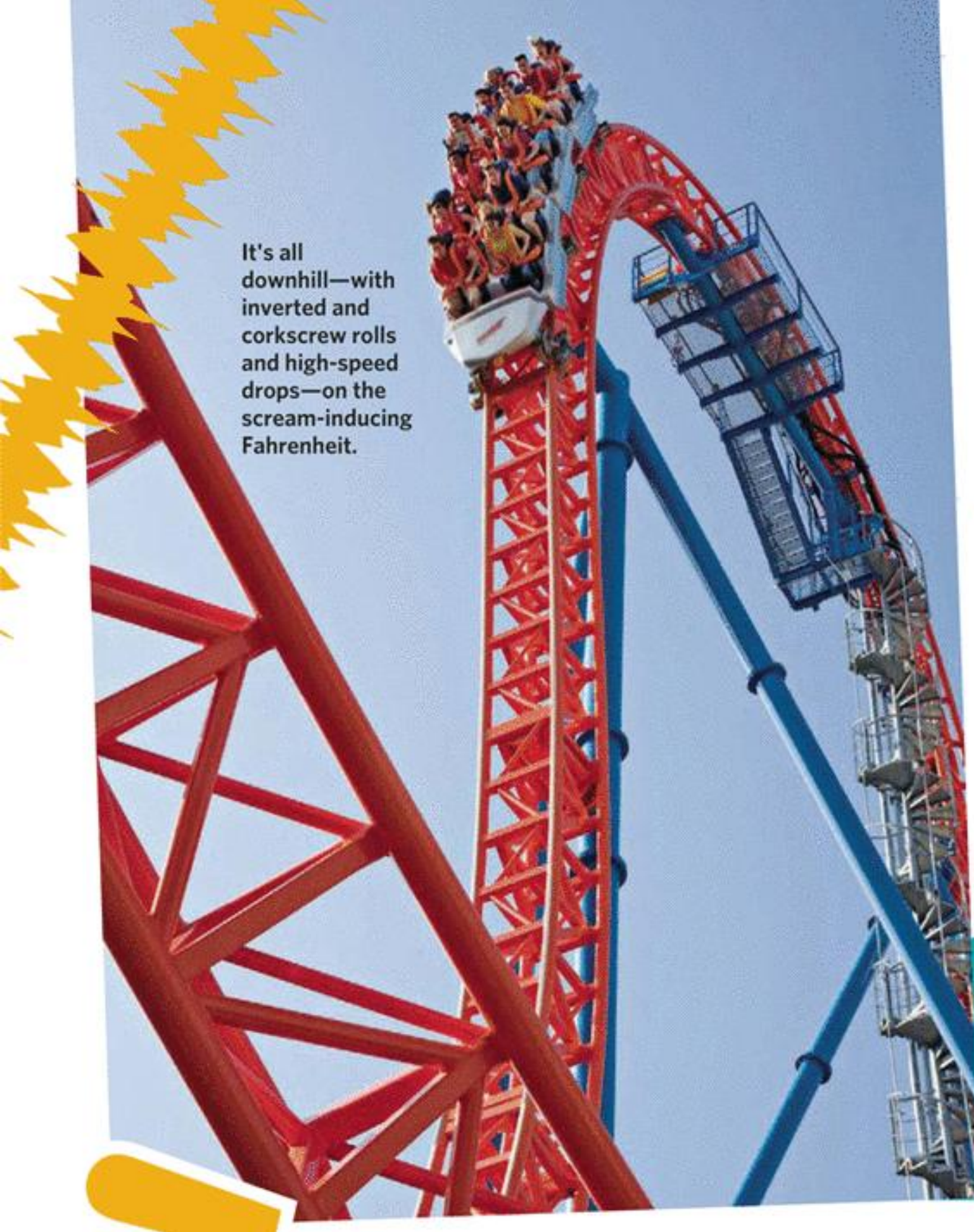

It's all downhill—with inverted and corkscrew rolls and high-speed drops—on the scream-inducing Fahrenheit.

HERSHEYPARK

HERSHEY, PENNSYLVANIA

Two parks in one, offering traditional looping rides and the Boardwalk's nine wet and wild amusements—like Tidal Force and Roller Soaker.

THRILL **Coastline Plunge**'s 4 slides spiral at high speeds, shoot through tunnels and roar through rapids. Air-dry on the vertical lift **Fahrenheit** coaster, which has feverish flips and rages 121 feet up followed by a 97-degree drop. Take a break from the action at the on-site ZooAmerica. Hersheypark.com; $53 adults, ages 3-8, $32; 800-HERSHEY.

CHILL **Hershey Lodge** perks include swimming, free park shuttle, discounted tickets and passes to the **Hershey Gardens and the Hershey Story Museum**. Nightly rates start at $289. A more rustic option is the Hershey Highmeadow Campground. Hersheypark.com; nightly rates for tent and RV sites starting at $41 and cabins for $90; 800-HERSHEY.

LOCAL FAVORITES

Lake Compounce, Bristol, Connecticut
Celebrate its 165th year on Boulder Dash, a wild wooden coaster, followed by watersliding into the lake. **Lakecompounce.com**

Knoebels, Elysburg, Pennsylvania
The bargains (and classic coasters) can't be beat at this retro, pay-per-ride park—you can camp, too. **Knoebels.com**

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SCHLITTERBAHN WATERPARK

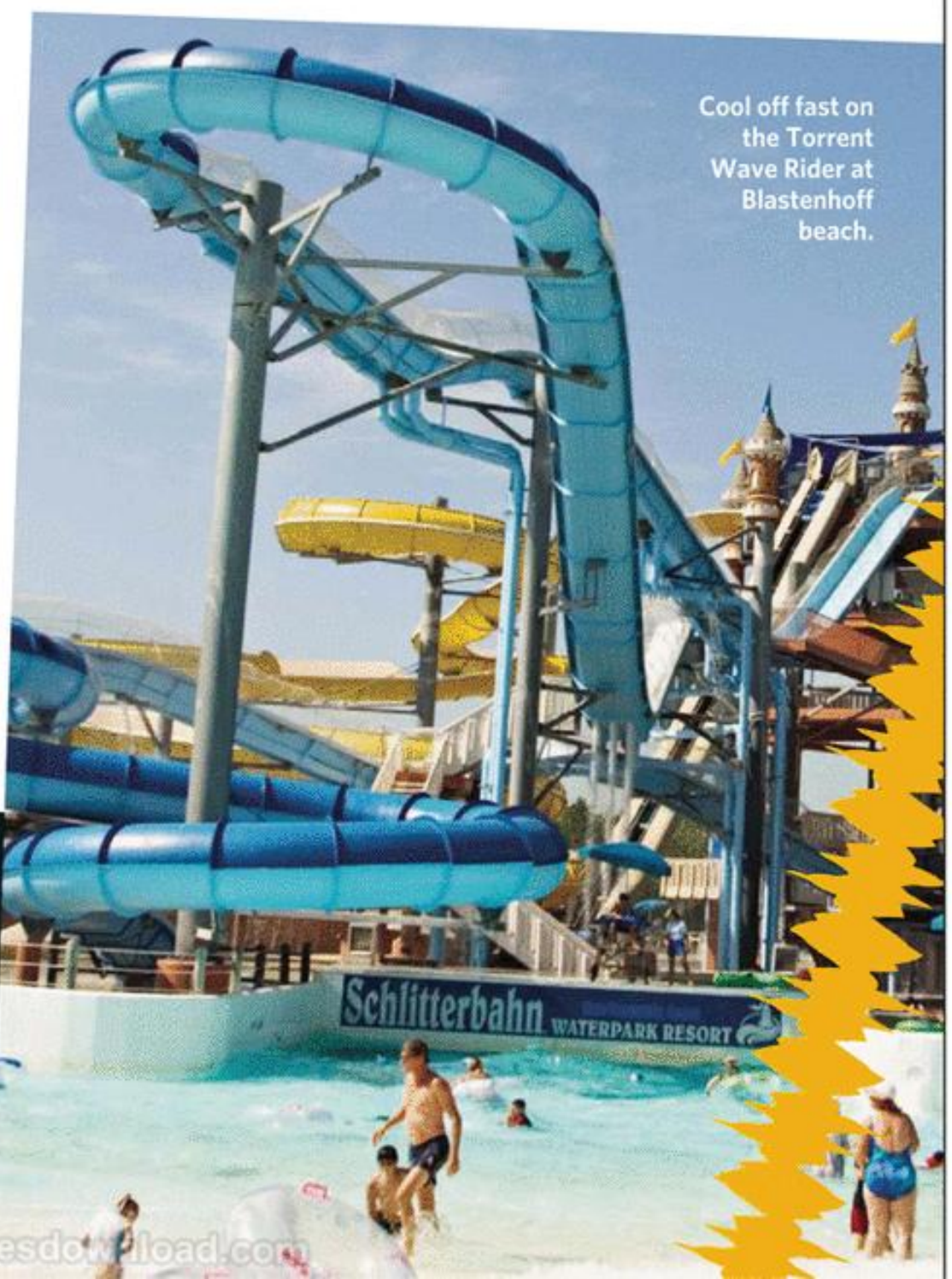
NEW BRAUNFELS, TEXAS

This Texas Hill Country gem has innovative rides and outrageous special effects.

THRILL Start with **Master Blaster,** a wicked water coaster. Then raft through fog-filled tunnels and ravines in **Dragon's Revenge**. Schlitterbahn.com; $42 adults; kids under 12, $34; 830-625-2351.

CHILL It's worth the 40-minute drive to **Hyatt Place San Antonio/Riverwalk**, where you can check out the **Alamo** and the River City's other historic sites. Hyatt.com; nightly rates start at $171 with breakfast; 210-227-6854.

Historic Kuebler Waldrip Haus Bed and Breakfast is minutes from the park as well as tubing on the Guadalupe River. Kueblerwaldrip.com; rates from $125, including breakfast and ice cream; 800-299-8372.



Cool off fast on the Torrent Wave Rider at Blastenhoff beach.

Photos (from top): Courtesy of Hersheypark; courtesy of Schlitterbahn Waterpark.

LOCAL FAVORITES

Frontier City, Oklahoma City, Oklahoma
This western-themed park is known for the suspended Steel Lasso and free concerts. **Frontiercity.com**

Six Flags Over Texas, Arlington, Texas
The first Six Flags boasts some of the coolest coasters, like the revolving Tony Hawk Big Spin. **Sixflags.com/overtexas**

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*Artist depiction of diabetic nerve pain symptoms

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Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

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IMPORTANT FACTS

LYRICA® PREGABALIN © capsules

(**LEER**-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:
- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.
Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:
- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.
Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:
- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:
- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:
- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.
LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:
- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:
- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:
- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:
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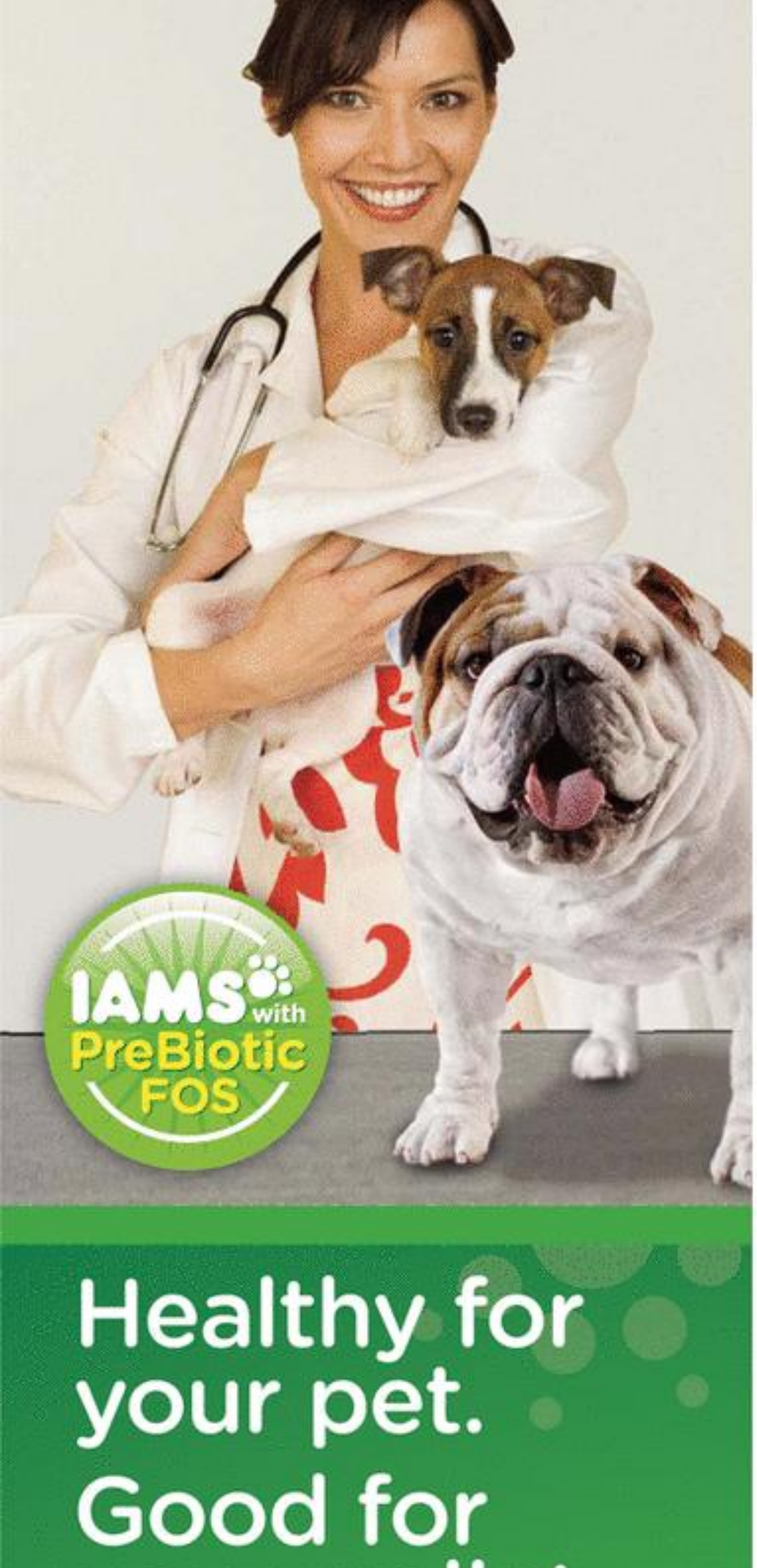

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ORLANDO, FLORIDA

It's America's top destination for theme park vacations, with Universal Studios, Disney World and SeaWorld all in close proximity. Nearer to the West Coast? Visit southern California's sister parks, Universal Studios Hollywood, Disneyland and SeaWorld.

Muggles take part in a Quidditch match and other magical adventures at the Wizarding World of Harry Potter.

UNIVERSAL ORLANDO RESORT

Universal Studios Florida and its adjoining Islands of Adventure are already big hits, thanks to the Simpsons Ride, Hollywood Rip Ride Rockit and the Incredible Hulk. But it's the long-awaited Wizarding World of Harry Potter that has everyone talking—and queuing up. Author J.K. Rowling has played a role in each magical detail, from the Hogwarts Express locomotive to the nonalcoholic Butterbeer to the towering Hogwarts Castle.

THRILL In Harry Potter and the Forbidden Journey, Harry and friends whisk you along for the ride: narrowly escaping a dragon, competing in a Quidditch match and encountering the Whomping Willow. Afterward, try the high-speed twin **Dragon Challenge** coaster or the milder **Flight of the Hippogriff**. Then shop at **Ollivanders**, where the wand chooses you! Universalorlando.com; $79 adults, under age 10, $69; 1-day, 2-park pass $109, under age 10, $99.

CHILL At all Orlando Loews on-site resorts—including the very cool Hard Rock Hotel—guests get early admission and express line privileges. Loewshotels.com; rates start at $249. Quality Inn International 4-night Harry Potter package includes tickets to Universal's theme parks and a breakfast at **Harry Potter's Three Broomsticks Restaurant**. Universalorlando.com; $285 adults, kids under 10, $130; 877-801-9720.

Photo: © 2009 Universal Orlando Resort.

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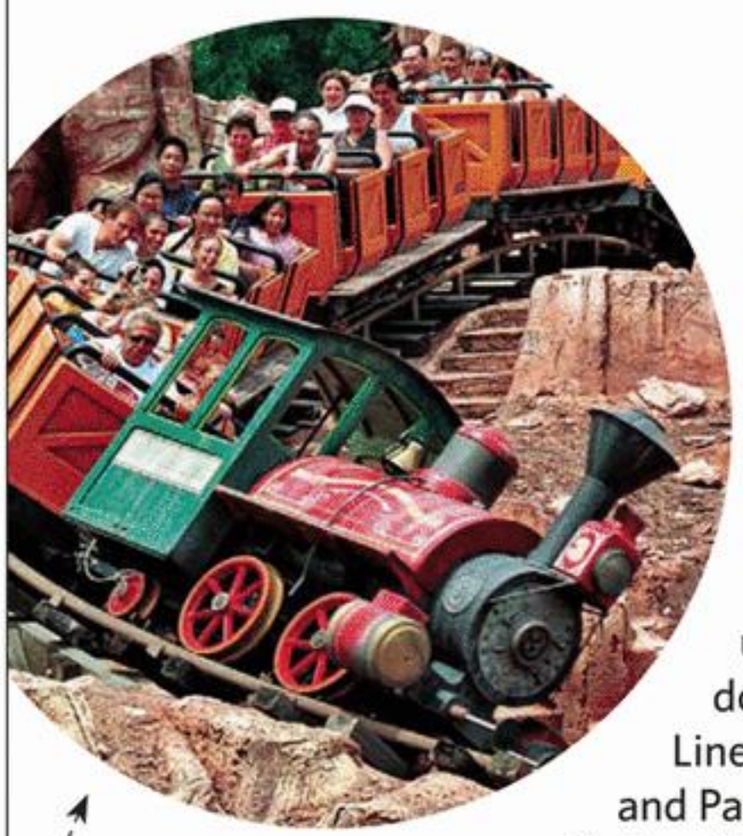


All aboard for a Wild West adventure on the Big Thunder Mountain Railroad at the Magic Kingdom.

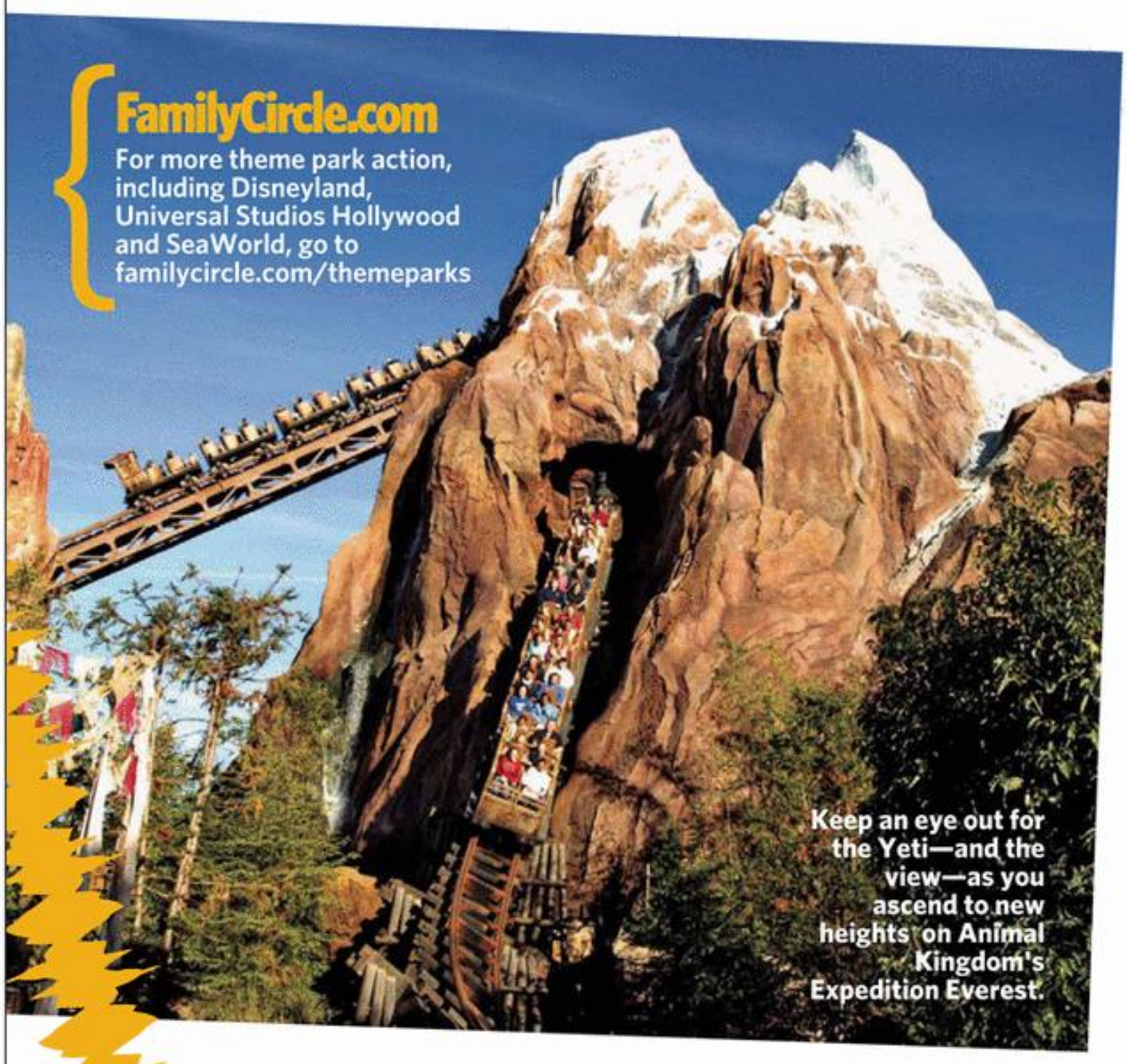
WALT DISNEY WORLD

Disney has pumped up the thrills and interactive experiences for tweens and teens at its four theme parks and two water parks. Use Fast Pass when available—and stay instantly updated on wait times by downloading a smartphone app like Lines (for iPhone, BlackBerry, Android and Palm Pre) or Mobile Magic (for Verizon Wireless devices). For planning in advance, check out the seriously thorough guidebook *The Complete Walt Disney World 2010* (Coconut Press).

THRILL In Hollywood Studios, hightail it to the **Twilight Zone Tower of Terror**. Next door, the **Rock 'n' Roller Coaster** zooms and flips to a smokin' soundtrack. And don't miss the **American Idol Experience,** which has guests 14 and older competing as the audience votes for favorites. At **Animal Kingdom**, head straight to the **Expedition Everest** coaster, then check out the **Festival of the Lion King**. And don't miss the quintessential Disney experience, **Magic Kingdom.** The three mountain rides—**Space, Splash** and **Big Thunder**—and spectacular fireworks will make even older kids' dreams come true. Disneyworld.disney.go.com; per-park admission $79 adults, ages 3-9, $68.

CHILL Disney resorts offer free shuttles to all its parks, Extra Magic Hours and airport transfers. Wind down at the charming **Port Orleans Riverside.** Disneyworld.com; nightly rates start at $170; 407-W-DISNEY. Or go off-site for the comforts of home—kitchen, washer/dryer—plus features like 7 pools, including a lazy river, at **Holiday Inn Club Vacations Orange Lake Resort**. Hiclubvacations.com; nightly rates for a 2-bedroom villa start at $126; 888-HOLIDAY. ●

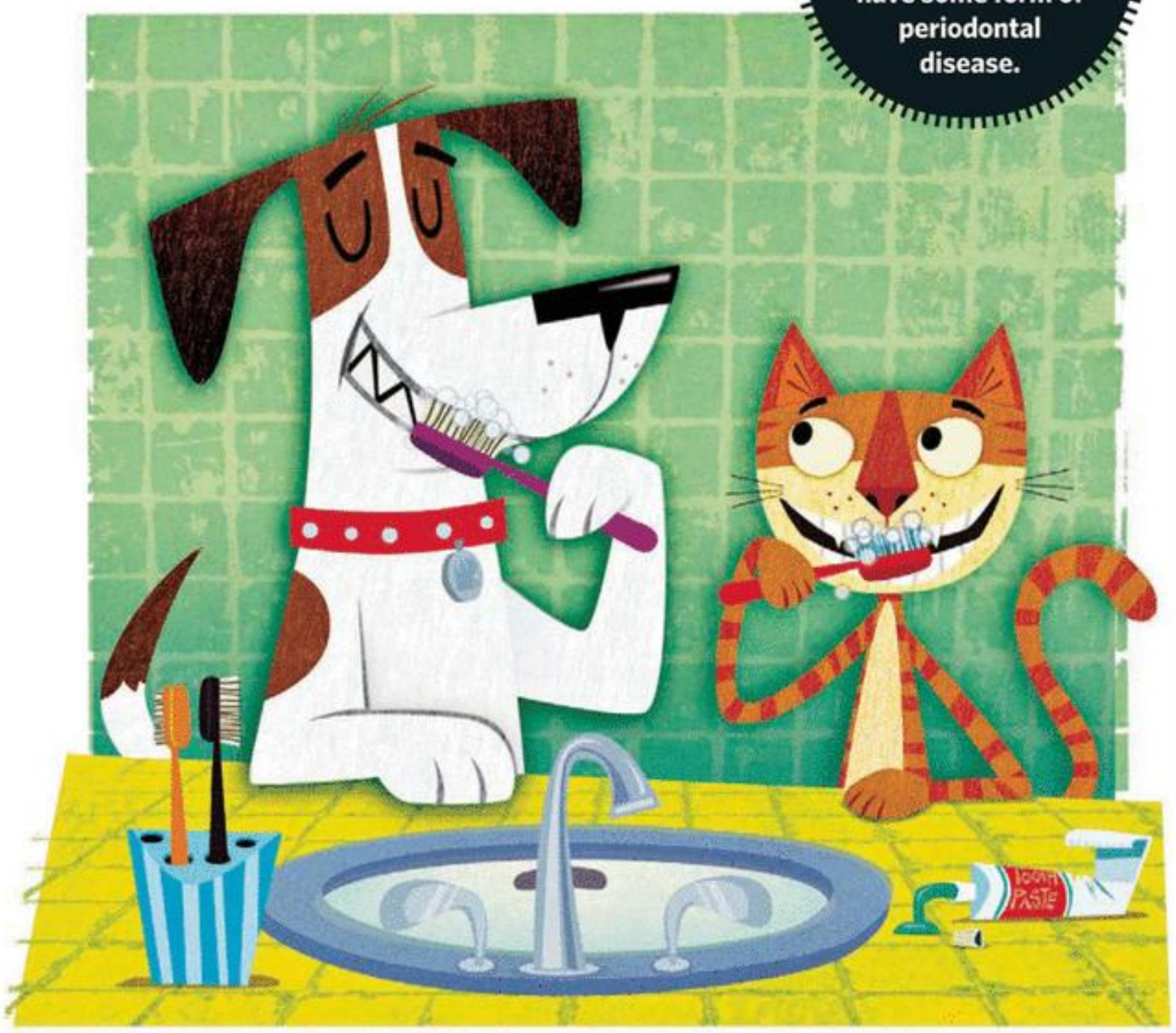
FamilyCircle.com
For more theme park action, including Disneyland, Universal Studios Hollywood and SeaWorld, go to familycircle.com/themeparks



Keep an eye out for the Yeti—and the view—as you ascend to new heights on Animal Kingdom's Expedition Everest.

Photos: Courtesy of Walt Disney World.

fact
By the age of 2, 80% of dogs and 70% of cats have some form of periodontal disease.



save their smiles

Brush up on the proper way to clean your pet's pearly whites with our step-by-step guide.

You brush your teeth every day—but what about your dog's or cat's? "Most people have no idea that taking care of a pet's teeth will extend the animal's life," says Larry Corry, D.V.M., president of the American Veterinary Medical Association. "In fact, periodontal disease is the most commonly diagnosed problem in dogs and cats." Left unchecked, periodontitis can lead to painful infections, and in severe cases, become life-threatening. That's because harmful mouth bacteria can enter the bloodstream and inflame other parts of the body. But don't fret about your pet—it takes only a few minutes of brushing weekly to keep his chompers healthy. Follow our tips for getting your pet's mouth squeaky clean. Bonus: no more doggy (or kitty) breath!

TEETH TECHNIQUES

- **Start brushing your pet's teeth as soon as you get him.** The routine is the same for cats and dogs, just go slower with cats, suggests Brook A. Niemiec, D.V.M., since they are less receptive to brushing than dogs.
- **Begin by placing your fingers just inside his lips.** Gradually build up to running your fingers along his teeth and gums. Reward him with a food treat, since eating helps scrape the tartar off of teeth, and the prize keeps the experience positive. Repeat with a child's soft toothbrush or one specially designed for animals.
- **Get your dog or cat some veterinary toothpaste,** which you can buy at the vet's office or at a pet supply store. Don't use your own toothpaste—animals don't like the taste and the ingredients can end up giving them a stomachache. Let him taste the toothpaste, then run your finger along his gums. Avoid placing your hand all the way inside his mouth.
- **Position the toothbrush near the upper back teeth and angle slightly up,** so the bristles get under the gum line. Work from back to front, making small circles along gums. For cats, pay special attention to canine teeth, the long fangs in the front, and the back molars. Leave the toothpaste on the teeth—no rinsing!—since the enzymes in the paste help dissolve tartar.
- **Keep it short.** Brush for only a minute or two, two to three times per week, says Dr. Corry—just be sure to hit all the tooth surfaces and the gums. After brushing is complete, always provide another treat.

DOES MY PET NEED A DENTIST?

Like humans, pets can get cavities. At home, examine your pet's mouth every time you brush his teeth. Bad breath is the most common sign of periodontal disease. Other red flags include yellow or brown plaque where the tooth meets the gum line, red or bleeding gums, or a swollen face. "Even if your pet is in pain, he will usually still eat normally," says Dr. Brook A. Niemiec. "Don't use his appetite as a guide to alert you that something is wrong." Your vet should do a thorough oral exam during the annual visit. Small dogs need their mouths checked every six months because their teeth are closer together and at greater risk of infection. If your vet discovers serious problems, he'll refer you to a veterinary dentist, who is often covered by pet insurance.

FamilyCircle.com
Check out the latest pet toys that boost dental health at familycircle.com/pettoys

illustration by Michael Robertson

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style

latest beauty advice • fashion trends • must-have products

* in this section

114 / Style News **116** / Linda's Closet **118** / 10 Under $10
120 / Beauty Basics **124** / Great Whites

arm candy

Mixing and matching bangles is a big-time fashion trend, so play around with different colors and widths. Three's a good start (but feel free to up the ante), and experiment with both wrists for twice the fun.

Hair: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using Makeup Forever. Top: So Low, $51.

For bracelets, see Buyer's Guide, page 206.

SHOT ON LOCATION AT ALMOND SMUGGLERS COVE, ST. LUCIA

photography by **Karen Pearson**

style news

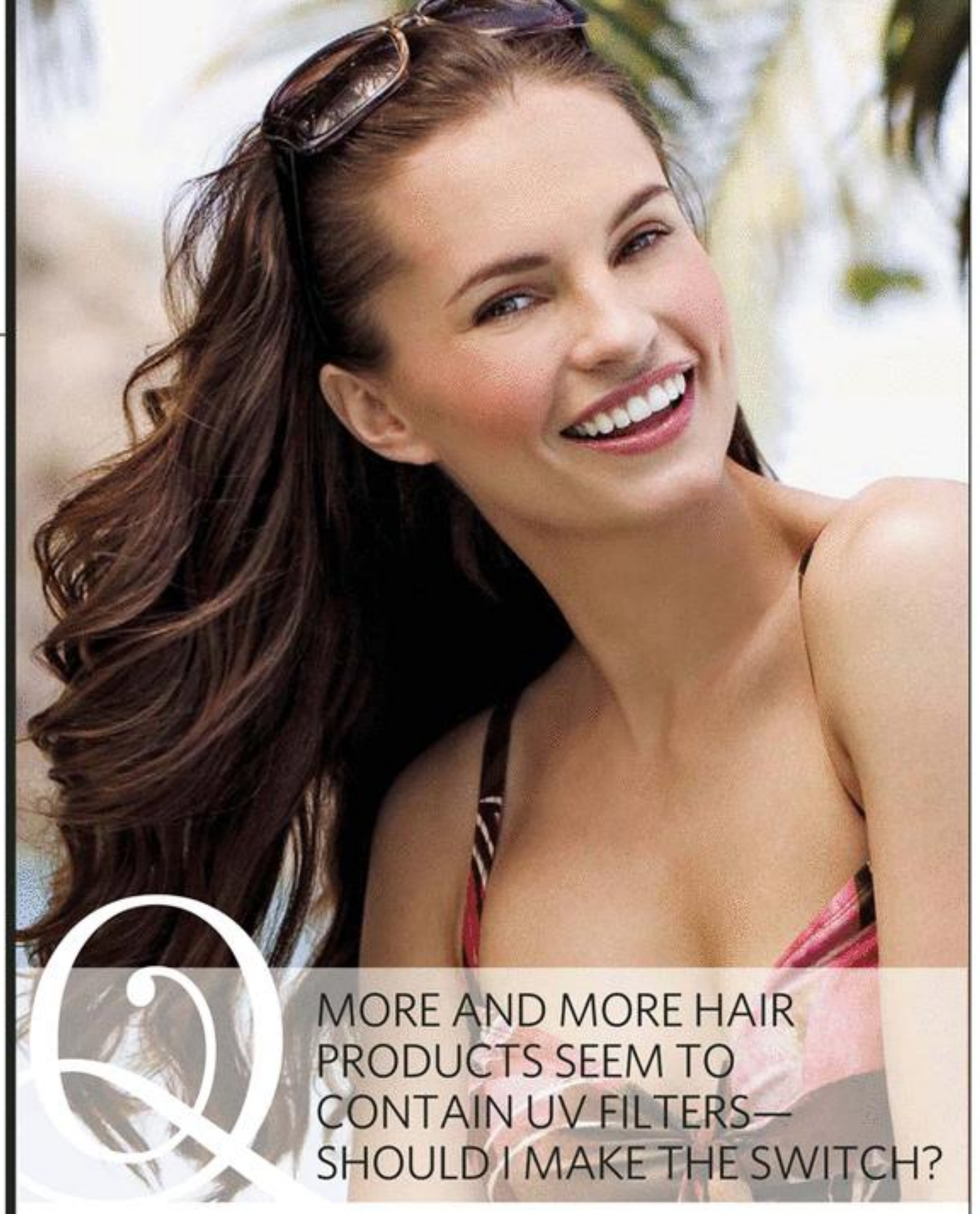
by Dori Katz

head game

Movie legends Katharine Hepburn and Diane Keaton once cornered the market on memorable menswear looks, but now Oscar winner Julia Roberts is getting in on the action. In her new film, *Eat, Pray, Love*, this A-list mom of three sports a classic, totally cool straw fedora. It's an unexpected finishing touch for practically any summer outfit. Find this style, $70, and many others at hatattack.com.

PLUCK OF THE DRAW

Prevent breakouts with this friendly reminder from brow-guru-to-the-stars Ramy Gafni: Before you start, carefully rub astringent over the eyebrow area, then swipe an alcohol-soaked pad over the tip of the tweezers to stop bacteria from spreading.



Q MORE AND MORE HAIR PRODUCTS SEEM TO CONTAIN UV FILTERS—SHOULD I MAKE THE SWITCH?

ABSOLUTELY, says Joel Warren, co-owner of Warren-Tricomi salon in New York City. Sun exposure is as bad for your strands as it is for your skin. It can do major damage, causing dull color, frizz, breakage and split ends. Just like in sunscreen, UV filters either absorb or reflect the rays, which results in healthier locks.

PRODUCTS TO TRY

Oscar Blandi Capri Sun Shield Spray, $20.
L'Oréal Paris EverPure UV Protect Spray, $9.
Joico K-Pak Sun Therapy Protective Sun Milk, $15.

In the Flesh Not all nudes are created equal—at least when it comes to skin-toned undergarments. A shade that's too dark or light against your flesh can show right through clothes, defeating the purpose. To the rescue: lingerie company MySkins, with a line of bras and underwear in 20 different neutral shades. To find your own true hue, log on to myskins.com and print out a color card (or ask that one be mailed to you). Hold it against the front of your shoulder to get your bra match, and at your upper thigh for underpants. Now you see it—now you don't!

Photos: (model) Karen Pearson. Hair: Geroge Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using Makeup Forever. Shot on location at Almond Smugglers Cove, St. Lucia. (stills) Bryan McCay; (Roberts) Alessandra Benedetti/Corbis.

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STYLE IS AN OPTION. **CLEAN IS NOT.**

Tide Plus Febreze freshness SPORT

Clogging Rights

After spending nearly a decade in clogs (remember the '80s?), I thought I was done, yet here we go again. Can't wait to strut around in this brass-studded, high-heeled pair—sturdy and comfy as ever, but less clunky, even sexy.

WHAT I WANT TO WEAR NOW!

For me, the coolest way to cope with 90-degree weather (ugh!) is to wear a long, flowy skirt like this navy one with embroidered flowers. The length is modern, graceful and works well with any top: tee, cami, even a big shirt. It's what I reach for when I wish I could spend the day parked in front of an air conditioner.

A Charmed Life

Collecting souvenirs has always been my thing, but I've gotten pickier about what comes home—I want clever, not clutter. So when the *Family Circle* crew flew to St. Lucia to photograph summer beauty and fashion stories, starting on page 113, the treasure hunt was on. This shell turned up on one of my daily beach walks, and I thought, *Score*. But instead of going on my dresser, I've added it to my memory cord with other keepsakes—an engraved charm and an anchor from a past vacay. I like wearing this necklace because it reminds me of people and places I love.

▲ To DIY, buy a jumper ring at any bead or jewelry store for less than $1. Superglue it to the shell, then slide it onto a cord or necklace.

Insider TIP

THE NOSE KNOWS What a bummer when my fragrance disappears after half an hour. (Of course there's the flip side—a friend who's gone too far and I get a headache from the fumes.) Pro perfumer Kevin Verspoor of Drom Fragrances says the key to this dilemma is in the application: Put small doses in spots that are naturally warm, as body heat diffuses the aroma. Start behind knees and work upward to the nape of the neck. If you get occasional whiffs of your scent, you're in the zone. Smelling it continuously means you went overboard.

Photos: (stills) Peter Ardito; (resort) Courtesy of Almond Smugglers Cove, St. Lucia; (Evans) Karen Pearson. Illustration: Sharon Watts.

See Buyer's Guide, page 206.

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OREO

Milk's Favorite Summer Dip.

10 under $10
Editors' Picks

Humidity-proof hairspray, tropics-scented sanitizer, a fruity cleanser and more fun finds.

MOMster
Go to momster.com/fc/cuticleoil and ask us about your biggest nail-maintenance problem. If we answer your question, you'll receive a bottle of the Julep Cuticle Oil featured here.

Dori Katz
ASSOCIATE EDITOR

Bodycology's Hand Sanitizer in Coconut Lime has a permanent spot on my desk—the sweet island-y scent perks me up with every pump. $2.50

Damp summer air no longer gets the best of my hair. Thanks to Garnier Fructis Anti-Humidity Hairspray, I stay frizz-free. Walmart, $4

Usually I skip cuticle oil to avoid the mess, but Julep Nail Parlor's roller-ball applicator keeps it clean. Myjulep.com, $9

Amanda Flores
BEAUTY & FASHION ASSISTANT

I blow-dry my hair even on the hottest days. Thankfully, Renpure Organics Amazing Miracle Conditioner fixes the damage. $7

Pure Orchid by Halle Berry perfume is coming on my next trip—the .25-ounce bottle is airport security–friendly. $9.99

This Ms. Pedicure Best in Toe makes a DIY pedi easy and fast; a salon visit is no longer necessary. Walmart, $3.50

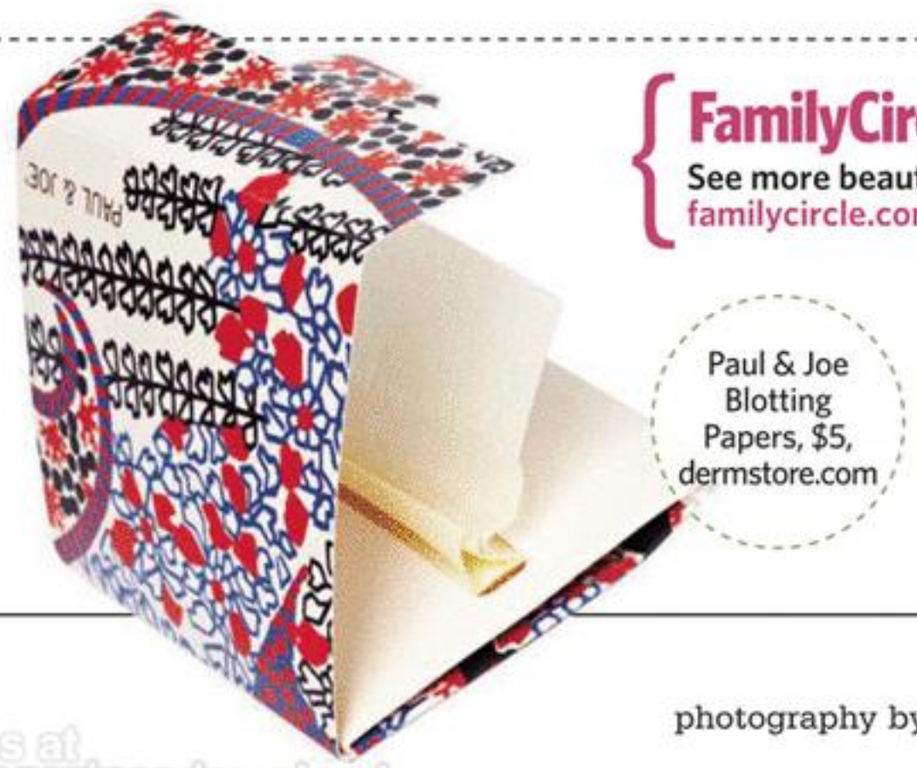
Ilana Blitzer
BEAUTY EDITOR

Freeman Beauty Superfruits Refining Facial Cleanser lets me wash up with just about every antioxidant under the sun, including acai and blueberry. $4

Using kids' products is one of my beauty secrets—So Cozy Protective Conditioning Mist with Sunscreen works wonders on my strands. Socozy.com, $6

My lips are healthier and shinier since I've started using Focus on Lips lipgloss—from a new line at CVS/pharmacy that's won me over. CVS stores, $6

our obsession
Take that, T-zones—these Paul & Joe Blotting Papers absorb oil in seconds and come in a cute package, mirror included.



Paul & Joe Blotting Papers, $5, dermstore.com

All products are available at drugstores unless otherwise noted.

FamilyCircle.com
See more beauty picks at familycircle.com/10under10

Photos: (Katz, Flores) Michael Waring; (Blitzer) Karen Pearson.

photography by **Bryan McCay**

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Cats everywhere are having a hard time smelling their litter boxes.

freshstep.com

by Dori Katz

Heat waves

Hair with that just-got-back-from-the-beach look is perfect for summer—go for it with easy how-to's from Eugene Toye, celebrity stylist at Rita Hazan Salon in NYC.

prep

WASH WITH a curl-enhancing shampoo. Condition, then detangle using a wide-tooth comb. Towel-dry. Apply a quarter-size dollop of volumizing mousse at roots, working down to ends. Comb through to distribute evenly.

style

DIVIDE HAIR into two equal sections, straight down the back of your head. Braid each loosely, starting behind ears; secure with elastic. For thick and coarse textures, make one tight ponytail on top of head and braid loosely. Wrap into a bun and tuck in ends.

shake

LET DRY for about an hour, then undo braid(s). Pull apart with hands to loosen but only briefly—too much touching creates frizz. As strands dry naturally (no blow dryer!), they will expand into fuller curls. To finish, flip head over and gently tousle hair with fingers before misting sparingly with shine spray.

curl power

1. The healthy dose of aloe in **Sunsilk Captivating Curls Shampoo**, $5, helps hair behave.

2. Thanks to an alcohol-free formula, **Nexxus Salon Hair Care Mousse Plus**, $10.50, leaves strands soft, not "crunchy."

3. Pricey, but worth it if you refuse to tolerate weather-related frizz: **Fekkai Zero-Humidity Frizz Control Spray**, $23.

See Buyer's Guide, page 206.

FamilyCircle.com
Get tips for more easy summer dos at familycircle.com/summerhair

Hair: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using Makeup Forever. Shot on location at Almond Smugglers Cove, St. Lucia. Photos (products): Bryan McCay. Illustrations: Monika Roe.

photography by **Karen Pearson**

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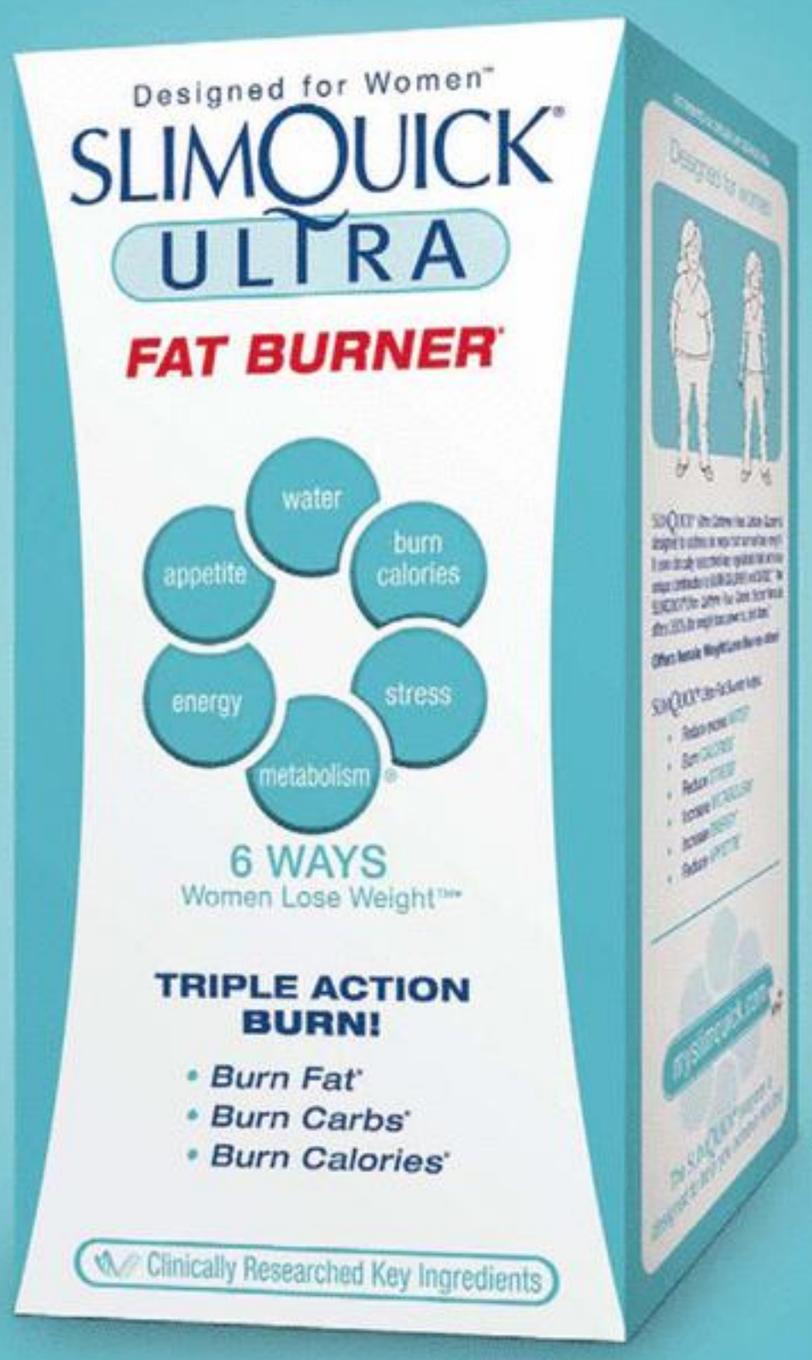
Q: How did you do it?

A:



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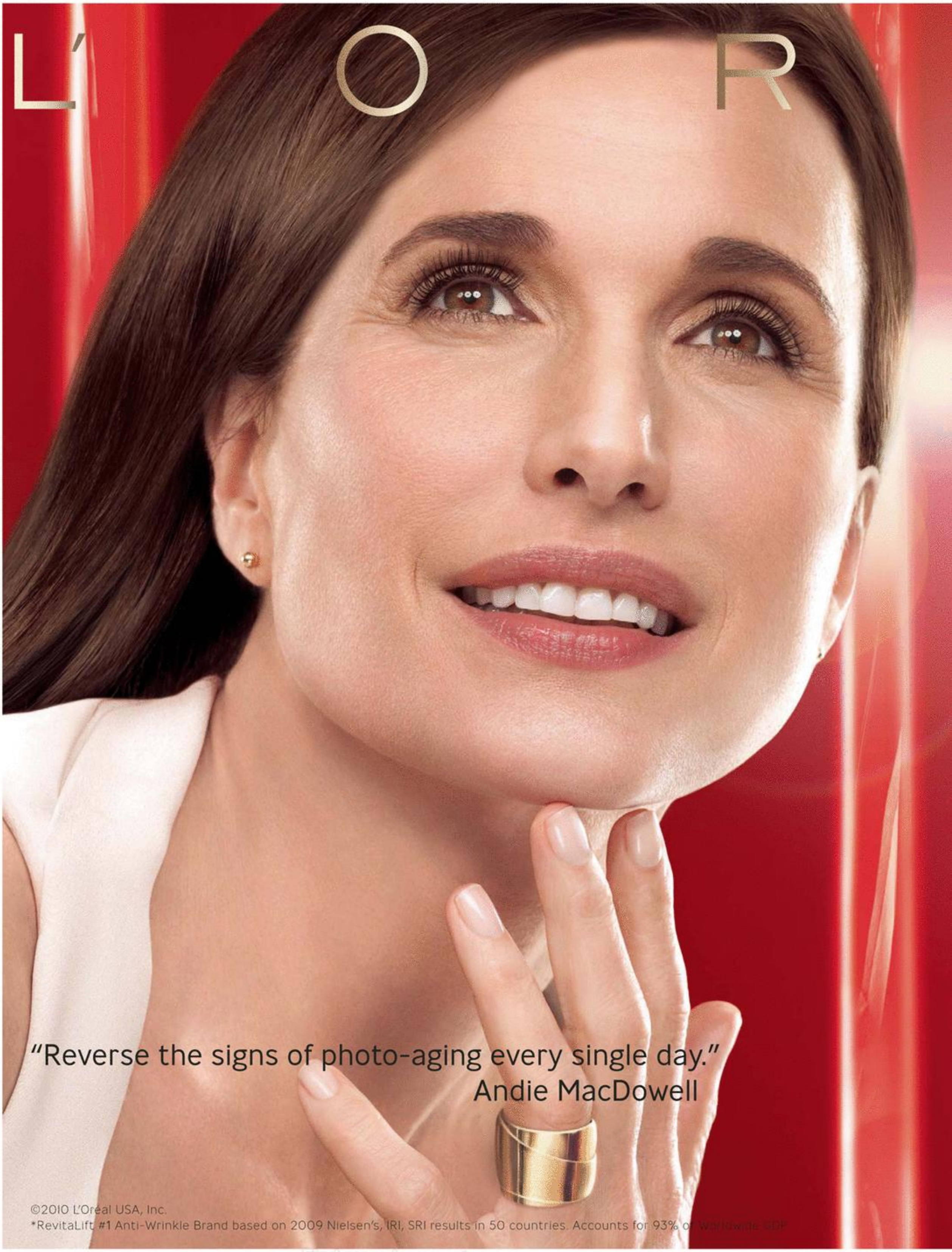

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Top, Mushka by Sienna Rose, $58. Skirt, Old Navy, $29.50. Sandals, Restricted Footwear, $55. Necklace, Stephan & Co, $24. Belt, Aéropostale, $10. Bangles, SURevolution, $24.50 each.

SHOT ON LOCATION AT ALMOND SMUGGLERS COVE, ST. LUCIA

photography by **Karen Pearson**

COMFORT ZONE

WRAP UP YOUR SUMMER STYLE IN WARM-WEATHER KNITS THAT ARE RELAXED AND MODERN.

Tank, J. Jill, $49. Pants, Song Valerie Gregori McKenzie, $68. Scarf, Echo, $48. Flower pin, Stella & Dot, $39. Bracelets *(from top)*, Cocobelle, $20, Agabhumi, $16.

FREE SPIRIT

SHELL-EMBELLISHED FLIP-FLOPS KEEP YOUR LOOSE LINENS GROUNDED.

Shirt, J. Jill, $59. Tank, H&M, $18. Pants, Loft, $69.50. Sandals, Ocean Minded, $26. Necklace, Stephan & Co, $24. Belt, Esprit, $39.50. Bangles, R.J. Graziano, $25 each. Bracelet, Sequin, $58. Bag, San Diego Hat Co., $48.

MOTHER NATURE

TAKE YOUR FASHION CUES FROM THE GREAT OUTDOORS. GO FOR BREEZY, TEXTURED LINENS MIXED WITH RUSTIC WOVEN RAFFIA ACCESSORIES.

Dress, Song Valerie Gregori McKenzie, $148. Necklace, Loft, $49.50. Bangles, R.J. Graziano, $25 each. Clutch, Laila Rowe, $30.

Hair: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using Makeup Forever.

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SUN SALUTATION

SOAK UP THE RAYS IN WARM SHADES OF IVORY THAT KEEP YOU LOOKING COOL.

Top, H&M, $25. Pants, Esprit, $69.50. Sandals, Cocobelle, $59. Bracelets, Andean Collection, $24 each. Necklace, Colette Malouf, stylist's own.

Bipolar depression doesn't just affect you.

It can consume you.

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SEROQUEL XR is an option proven effective for treating bipolar depression.

It's easy to feel like you're fading into the background when you're living with bipolar depression. SEROQUEL XR has been proven to work alone to effectively treat bipolar depression. And for many people, it's just one pill, once a day. Bipolar depression doesn't have to consume you. Talk to your doctor. Understand your options. And discuss whether XR—SEROQUEL XR—is right for you. To learn more, visit seroquelXR.com

Important Safety Information About SEROQUEL XR

Elderly patients with dementia-related psychosis (having lost touch with reality due to confusion and memory loss) treated with this type of medicine are at an increased risk of death, compared to placebo (sugar pill). SEROQUEL XR is not approved for treating these patients.

Antidepressants have increased the risk of suicidal thoughts and actions in some children, teenagers, and young adults. Patients of all ages starting treatment should be watched closely for worsening of depression, suicidal thoughts or actions, unusual changes in behavior, agitation, and irritability. Families and caregivers should watch patients daily and report these symptoms immediately to the physician. SEROQUEL XR is not approved for patients under the age of 18 years.

- High blood sugar and diabetes have been reported with SEROQUEL XR and medicines like it. If you have diabetes or risk factors such as obesity or a family history of diabetes, ask your doctor about checking your blood sugar before starting SEROQUEL XR and regularly throughout treatment. If you develop symptoms of high blood sugar or diabetes, such as excessive thirst or hunger, increased urination, or weakness, contact your doctor. Complications from diabetes can be serious and even life threatening.
- Increases in triglycerides and in LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported with SEROQUEL XR. Your doctor should check your cholesterol levels before you start SEROQUEL XR and during therapy.
- Weight gain has been reported with SEROQUEL XR. Your doctor should check your weight regularly.
- A rare, but potentially fatal, side effect reported with SEROQUEL XR and medicines like it is neuroleptic malignant syndrome (NMS). Tell your doctor if you have very high fever; rigid muscles; shaking; confusion; sweating; changes in pulse, heart rate, or blood pressure; or muscle pain and weakness because treatment should be stopped if you have NMS.
- Another serious side effect reported with SEROQUEL XR and medicines like it is tardive dyskinesia (TD)—uncontrollable movements of the face, tongue, or other parts of the body. TD may become permanent, and the risk of TD is believed to increase as the length of time on and the amount of these medications increase. While TD can develop in patients taking low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if treatment is stopped.
- Before starting treatment, tell your doctor if you have high prolactin levels or have a history of, or are at risk for, seizures or a low white blood cell (WBC) count. An eye exam for cataracts is recommended at the beginning of treatment and every 6 months thereafter.
- Other risks include feeling dizzy or lightheaded upon standing, or having trouble swallowing. Tell your doctor if you experience any of these.
- Suicidal thoughts or actions may occur; tell your doctor if you have thoughts about death or suicide.
- Since drowsiness has been reported with SEROQUEL XR, you should not participate in activities such as driving or operating machinery until you know that you can do so safely. Avoid drinking alcohol while taking SEROQUEL XR because SEROQUEL XR increases the effects of alcohol. Avoid becoming overheated or dehydrated while taking SEROQUEL XR.
- Common side effects: The most common side effects are drowsiness, dry mouth, increases in cholesterol and triglycerides, constipation, upset stomach, dizziness, a sudden drop in blood pressure upon standing, weight gain, increased hunger, tiredness, increases in blood sugar, difficulty speaking, and stuffy nose.

This is not a complete summary of safety information. Please discuss the full Prescribing Information for prescription SEROQUEL XR with your health care provider.

Indications

SEROQUEL XR is a once-daily tablet approved to treat acute depressive episodes in bipolar disorder; acute manic or mixed episodes in bipolar disorder alone or when added to lithium or divalproex; and long-term maintenance of bipolar disorder when added to lithium or divalproex.

Please see Brief Summary, including Boxed Warnings, on adjacent pages.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

For a free doctor conversation guide, visit seroquelXR.com or call 1-866-331-3010.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit seroquelXR.com

Bipolar depression doesn't have to consume you.

Once-daily
SEROQUEL XR®
quetiapine fumarate
extended-release tablets

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AstraZeneca

IMPORTANT INFORMATION ABOUT SEROQUEL XR (SER-oh-kwell)

Please read this summary carefully before you start taking SEROQUEL XR and each time you get a refill. There may be new information.
No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

What is the most important information I should know about SEROQUEL XR?

Serious side effects may happen when you take SEROQUEL XR, including:

- **Risk of death in the elderly with dementia: Medicines like SEROQUEL XR can raise the risk of death in elderly people who have lost touch with reality due to confusion and memory loss (dementia).** SEROQUEL XR is not approved for treating psychosis in the elderly with dementia.
- **Risk of suicidal thoughts or actions: Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:**
  1. **Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.**
  2. **Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions.** These include people who have (or have a family history of) depression, bipolar illness (also called manic-depressive illness), or suicidal thoughts or actions.
  3. **How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?**
     - Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
     - Call the health care provider right away to report new or sudden changes in mood, behaviors, thoughts, or feelings.
     - Keep all follow-up visits with the health care provider as scheduled. Call the health care provider between visits as needed, especially if you have concerns about symptoms.

Call a health care provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to your health care provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the health care provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the health care provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member take. Keep a list of all medicines to show the health care provider. Do not start new medicines without first checking with your health care provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's health care provider for more information.

What is SEROQUEL XR?

SEROQUEL XR is a prescription medicine used to treat bipolar disorder in adults, including:

- manic episodes associated with bipolar disorder alone or with lithium or divalproex.
- depressive episodes associated with bipolar disorder.
- long-term treatment of bipolar I disorder with lithium or divalproex.

SEROQUEL XR is not approved for patients under 18 years of age.

What are the symptoms of Bipolar Disorder?

- General symptoms of bipolar disorder include: extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," include manic (highs) and depressive (lows).
- Common symptoms of a manic episode include: feeling extremely happy, being very irritable, restless, talking too fast and too much, and having more energy and needing less sleep than usual.
- Common symptoms of a depressive episode include: feelings of sadness or emptiness, increased tearfulness, a loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or guilt, changes in sleep or appetite and
- Thoughts of death or suicide.

What should I tell my health care provider before taking SEROQUEL XR?

Before taking SEROQUEL XR, tell your health care provider if you have or have had:

- diabetes or high blood sugar in you or your family: your health care provider should check your blood sugar before you start SEROQUEL XR and also during therapy
- high levels of total cholesterol, triglycerides or LDL-cholesterol or low levels of HDL-cholesterol
- low or high blood pressure
- low white blood cell count
- cataracts
- seizures
- abnormal thyroid tests
- high prolactin levels
- heart problems
- liver problems
- any other medical condition
- pregnancy or plans to become pregnant. It is not known if SEROQUEL XR will harm your unborn baby
- breast-feeding or plans to breast-feed. It is not known if SEROQUEL XR will pass into your breast milk. You and your health care provider should decide if you will take SEROQUEL XR or breast-feed. You should not do both.

Tell the health care provider about all the medicines that you take or recently have taken including prescription medicines, non-prescription medicines, herbal supplements and vitamins.
SEROQUEL XR and other medicines may affect each other causing serious side effects. SEROQUEL XR may affect the way other medicines work, and other medicines may affect how SEROQUEL XR works.
Especially tell your health care provider if you take or plan to take medicines for:

- depression
- high blood pressure
- Parkinson's disease
- trouble sleeping

Also tell your health care provider if you take or plan to take any of these medicines:

- phenytoin, divalproex or carbamazepine (for epilepsy)
- barbiturates (to help you sleep)
- rifampin (for tuberculosis)
- glucocorticoids (steroids for inflammation)
- thioridazine (an antipsychotic)
- ketoconazole, fluconazole or itraconazole (for fungal infections)
- erythromycin (an antibiotic)
- protease inhibitors (for HIV)

This is not a complete list of medicines that can affect or be affected by SEROQUEL XR. Your doctor can tell you if it is safe to take SEROQUEL XR with your other medicines. Do not start or stop any medicines while taking SEROQUEL XR without talking to your health care provider first. Know the medicines you take. Keep a list of your medicines to show your health care provider and pharmacist when you get a new medicine.

For more information about **SEROQUEL XR**, visit **www.SEROQUELXR.com** or call **1-800-236-9933**.

SEROQUEL XR®
quetiapine fumarate
extended-release tablets
50, 150, 200, 300 & 400 mg

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How should I take SEROQUEL XR?

- Take SEROQUEL XR exactly as your health care provider tells you to take it. Do not change the dose yourself.
- Take SEROQUEL XR by mouth, with a light meal or without food.
- SEROQUEL XR should be swallowed whole and not split, chewed or crushed.
- If you feel you need to stop SEROQUEL XR, talk with your health care provider first.

If you suddenly stop taking SEROQUEL XR, you may experience side effects such as trouble sleeping or trouble staying asleep (insomnia), nausea, and vomiting.

- If you miss a dose, take it as soon as you remember. If it is close to the next dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time unless your health care provider tells you to. If you are not sure about your dosing, call your health care provider.
- If you take too much SEROQUEL XR, call your health care provider or poison control center at 1-800-222-1222 right away or go to the nearest hospital emergency room.

What should I avoid while taking SEROQUEL XR?

Do not drive, operate machinery, or do other dangerous activities until you know how SEROQUEL XR affects you. SEROQUEL XR may make you drowsy.

- Avoid getting over-heated or dehydrated.
  - Do not over-exercise.
  - In hot weather, stay inside in a cool place if possible.
  - Stay out of the sun. Do not wear too much or heavy clothing.
  - Drink plenty of water.
- Do not drink alcohol while taking SEROQUEL XR. It may make some side effects of SEROQUEL XR worse.

What are possible side effects of SEROQUEL XR?

Also see "What is the most important information I should know about SEROQUEL XR?" at the beginning of this document.

Serious side effects have been reported with SEROQUEL XR including:

- **Neuroleptic malignant syndrome (NMS):** Tell your health care provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Stop SEROQUEL XR and call your health care provider right away.
- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take SEROQUEL XR. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes) your health care provider should check your blood sugar before you start SEROQUEL XR and during therapy.
  Call your health care provider if you have any of these symptoms of high blood sugar while taking SEROQUEL XR:
  - feel very thirsty
  - need to urinate more than usual
  - feel very hungry
  - feel weak or tired
  - feel sick to your stomach
  - feel confused, or your breath smells fruity.
- **High cholesterol and triglyceride levels in the blood (fat in the blood)** Increases in total cholesterol, triglycerides and LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported in clinical trials with SEROQUEL XR. You may not have any symptoms, so your health care provider should do blood tests to check your cholesterol and triglyceride levels before you start taking SEROQUEL XR and during therapy.
- **Increase in weight (weight gain):** Weight gain has been seen in patients who take SEROQUEL XR so you and your health care provider should check your weight regularly.
- **Tardive dyskinesia:** Tell your health care provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking SEROQUEL XR. Tardive dyskinesia may also start after you stop taking SEROQUEL XR.
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position.
- **Increases in blood pressure:** reported in children and teenagers. Your health care provider should check blood pressure in children and adolescents before starting SEROQUEL XR and during therapy. SEROQUEL XR is not approved for patients under 18 years of age.
- **Low white blood cell count**
- **Cataracts**
- **Seizures**
- **Abnormal thyroid tests:** Your health care provider may do blood tests to check your thyroid hormone level.
- **Increases in prolactin levels:** Your health care provider may do blood tests to check your prolactin levels.
- **Increases in liver enzymes:** Your health care provider may do blood tests to check your liver enzyme levels.
- **Long lasting and painful erection**
- **Difficulty swallowing**

Common possible side effects with SEROQUEL XR include:

- drowsiness
- dry mouth
- constipation
- dizziness
- increased appetite
- upset stomach
- weight gain
- fatigue
- disturbance in speech and language
- abdominal pain
- stuffy nose

These are not all the possible side effects of SEROQUEL XR. For more information, ask your health care provider or pharmacist.

Call your health care provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store SEROQUEL XR?

- Store SEROQUEL XR at room temperature, between 59°F to 86°F (15°C to 30°C).
- Keep SEROQUEL XR and all medicines out of the reach of children.

What are the ingredients in SEROQUEL XR?

Active ingredient: quetiapine fumarate

Inactive ingredients: lactose monohydrate, microcrystalline cellulose, sodium citrate, hypromellose, and magnesium stearate. The film coating for all SEROQUEL XR tablets contain hypromellose, polyethylene glycol 400 and titanium dioxide. In addition yellow iron oxide (50, 200 and 300 mg tablets) and red iron oxide (50 tablets) are included in the film coating of specific strengths.

General information about SEROQUEL XR

Do not take SEROQUEL XR unless your health care provider has prescribed it for you for your condition. Do not share SEROQUEL XR with other people, even if they have the same condition. It may harm them.

NOTE: This summary provides important information about SEROQUEL XR. For more information about SEROQUEL XR, talk with your health care provider or pharmacist or call 1-800-236-9933. You can ask your health care provider for full Prescribing Information about SEROQUEL XR that is written for health care providers and discuss it with him or her.

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AstraZeneca Pharmaceuticals LP
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For more information about **SEROQUEL XR**, visit **www.SEROQUELXR.com** or call **1-800-236-9933**.

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Want to be good all day?

Start smart.

Our new Ham and Cheese Scramble has hot, fluffy eggs, roasted potatoes and tasty cheddar cheese. A very hearty start, for just 220 calories.

Save at eatyourbest.com.

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health

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smart ways to live well • strategies for eating right • easy fitness plans

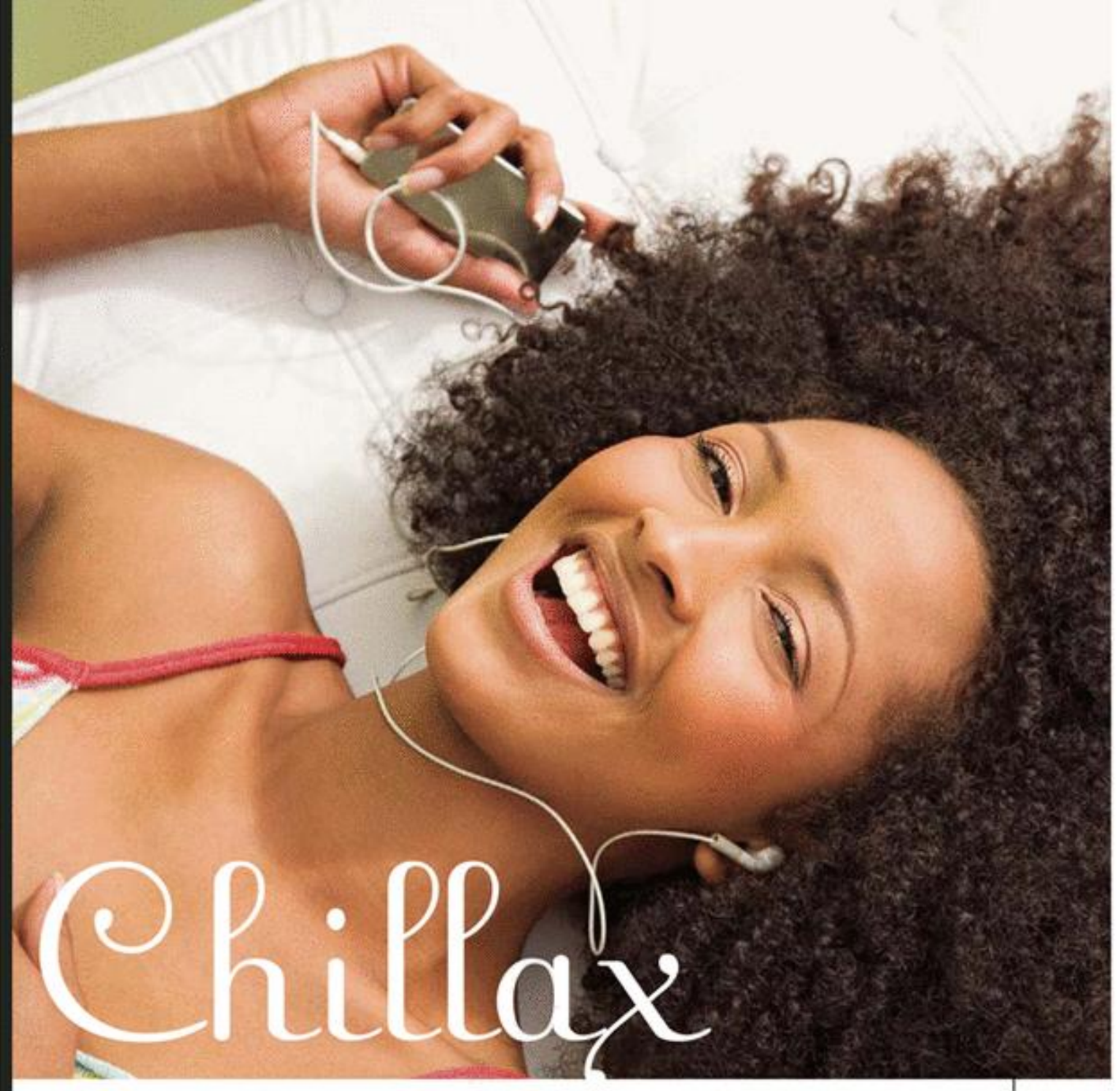
photography by **Karen Pearson**

Hurtful Lies

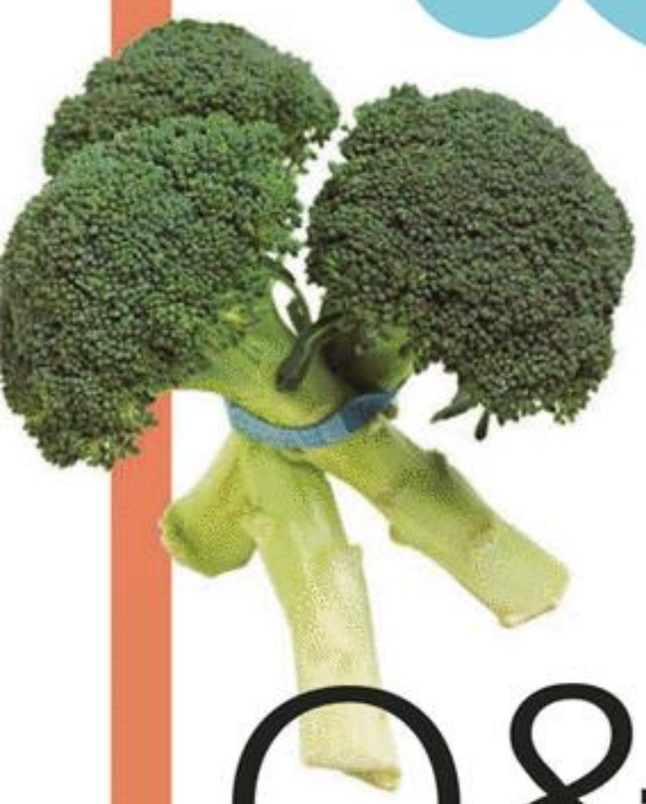
Many of us think it's okay to fudge facts when doctors ask about our health habits. But any lie—no matter how small—is dangerous, says Grace Keenan, M.D., medical director of Nova Medical Group in Ashburn, Virginia. "Not being honest puts you at risk of misdiagnosis and unnecessary treatments that could cause harm."

5 most common fibs

"I don't smoke."
"I always drink in moderation."
"I exercise every day."
"I sleep 7 to 8 hours a night."
"I never eat junk food."



When feeling overwhelmed, sit or lie down and listen to instrumental music or nature sounds for an hour, and breathe deeply. Try this weekly and you'll lower your anxiety level as much as people who get regular massages, says a report from Group Health Research Institute in Seattle. Pop in a classical CD or visit the free radio site pandora .com, click on "create a new station" and type in "nature sounds." Put on loose clothing, dim the lights and close your eyes to calm down faster.



MENTAL NOTE

We've all been there: You're looking for your sunglasses only to find them on your head. Mental lapses may seem a fact of life, but adding magnesium to your diet can improve your memory. Eat more **broccoli, beans, nuts and spinach** rather than reaching for a supplement. A new study shows that when you take the nutrient in pill form, it doesn't reach the brain.

Q&A

How often can I give blood?

A: Every two months, says Nicola Lacetera, Ph.D., who researches health economics at Case Western Reserve University in Cleveland. "There's a perception that blood is needed only after a major disaster, like 9/11 or the Haitian earthquake. But there's a huge demand for blood every day (for accident survivors and patients with chronic conditions, for example), and the supply isn't sufficient." While 38% of Americans are eligible to give blood, just 8% do. To find out how you can help, call 800-GIVE-LIFE **or visit** redcrossblood.org.

Photos (from top): Michael Poehlman/Getty Images; Andy Lyons.

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You mean most
calcium supplements aren't
absorbed properly
unless taken with food?
Seriously?

Except me.*
I can be taken with
or without food.

*Among leading brands.

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BAYER

RASH DECISION

If you notice little red bumps on your kid's upper arms or thighs, it's most likely keratosis pilaris (KP), a harmless skin condition that 40% of children develop (typically during their teen years), says Alan Fleischer, M.D., chair of the dermatology department at Wake Forest University School of Medicine in Winston-Salem, North Carolina. Once a dermatologist confirms the diagnosis, KP is easily treatable. Just pick up an OTC lotion that contains at least 12% lactic acid, such as AmLactin, at a pharmacy or from drugstore.com. Your teen should apply it once or twice a day (ideally after a shower—hot water helps skin absorb more of the moisturizer), and the rash is likely to disappear within a few weeks. For more info, visit littleredbumps.com.

GROUP THINK

When trying to motivate your tween to exercise, focus on how enjoyable and social it can be. "Stressing the health benefits doesn't mean much to kids," says Reema Sirriyeh, a researcher on this topic at the Institute of Psychological Sciences at University of Leeds in England.

REACTION TIME Side effects can be dangerous, so act quickly if your child throws up, gets diarrhea or experiences other symptoms after taking her medication. Call your doctor immediately to determine whether you should seek emergency medical care. (If it's after hours, call 911.) Later, go online to report the incident confidentially at **fda.gov/medwatch/**. If enough people have the same response to a drug, the FDA will re-investigate its safety.

Q+A

My 13-year-old daughter bites her nails. How can I help her stop?

"Gently ask your child when and why she does it," says Paul Kechijian, M.D., former chief of the nail section of the dermatology department at New York University Medical Center. "You want to get to the root of the problem." Say she bites her nails right before piano lessons—maybe she's nervous because she never has time to practice. Once you address the underlying issue, she may stop naturally. When the cause is harder to pin down, encourage your daughter to chew sugarless gum or suck on sugar-free mints. Or treat her to a manicure, because polish makes nails harder to bite (plus, she may think twice before ruining it). If all else fails—and she's willing—try the ultimate deterrent: Cover your kid's fingertips with an OTC bitter-tasting liquid, like citric acid.

Photo: Tomas Rodriguez/Corbis. Illustration: Violet Lemay.

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HIS MATH HOMEWORK IS TWO DAYS LATE.
IT'S IN HIS BACKPACK, WHICH HE LEFT ON THE BUS.
AGAIN.
IT FEELS LIKE EVERYONE IS GIVING UP ON HIM.
I NEED A WAY TO HELP HIM, BUT ALL I HAVE IS TEARS.

— Laura, Kyle's mom

ADHD can be a lonely experience for both the child and the parent. But Laura is not alone. And neither are you. Learn why moms just like you have made the decision to talk to their child's doctor about CONCERTA®, a treatment with 9 years of proven safety and results in treating ADHD symptoms. It's also proven effective in treating ADHD symptoms in children who have ADHD with learning disabilities.
Come find answers, help and hope at CONCERTAHELP1.COM or text HOPE1 to 87415.

ONCE-DAILY
CONCERTA®
methylphenidate HCl
Extended-release tablets 18 mg, 27 mg, 36 mg, 54 mg

CONCERTA® is a prescription product approved for the treatment of attention deficit hyperactivity disorder (ADHD) as part of a total treatment program that may include counseling or other therapies.

IMPORTANT SAFETY INFORMATION. Talk to your healthcare professional for a proper diagnosis and treatment of ADHD. Only a healthcare professional can decide whether medication is right for you or your child. CONCERTA® should not be taken by patients who have: allergies to methylphenidate or other ingredients in CONCERTA®; significant anxiety, tension, or agitation; glaucoma; tics, Tourette's syndrome, or family history of Tourette's syndrome; current or past use of monoamine oxidase inhibitor (MAOI); esophagus, stomach, or intestinal narrowing. Children under 6 years of age should not take CONCERTA®. Abuse of methylphenidate may lead to dependence. Tell your healthcare professional if you or your child has had problems with alcohol or drugs; has had any heart problems, heart defects, high blood pressure, or a family history of these problems; has had depression, abnormal thoughts or visions, bipolar disorder, or seizure. Contact your healthcare professional immediately if you or your child: develops abnormal thinking or hallucinations, abnormal or extreme moods and/or excessive activity; or if aggressive behavior or hostility develops or worsens while taking CONCERTA®. Your child's healthcare professional should check height and weight often and may interrupt CONCERTA® treatment if your child is not growing or gaining weight as expected. Stimulants may impair the ability of the patient to operate potentially hazardous machinery or vehicles. Caution should be used accordingly until you are reasonably certain that CONCERTA® does not adversely affect your ability to engage in such activities. The most common adverse reaction (>5%) reported in children and adolescents was upper abdominal pain. The most common adverse reactions (>10%) reported in adults were dry mouth, nausea, decreased appetite, headache, and insomnia.

Please see Medication Guide on adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

access2wellness™
For information on free or discounted prescription medications, visit access2wellness.com or call 866-317-2775.

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May 2010 60CON10082-FC

MEDICATION GUIDE
CONCERTA® (kon SER-ta)
(methylphenidate HCl) Extended-release Tablets Ⓒ Ⅱ

Read the Medication Guide that comes with CONCERTA® before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with CONCERTA®.

What is the most important information I should know about CONCERTA®?

The following have been reported with use of methylphenidate HCl and other stimulant medicines:

1. **Heart-related problems:**
   - **sudden death in patients who have heart problems or heart defects**
   - **stroke and heart attack in adults**
   - **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting CONCERTA®.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with CONCERTA®.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking CONCERTA®.

2. **Mental (Psychiatric) problems:**

All Patients
   - **new or worse behavior and thought problems**
   - **new or worse bipolar illness**
   - **new or worse aggressive behavior or hostility**

Children and Teenagers
   - **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking CONCERTA®, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

CONCERTA® is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep CONCERTA® in a safe place to prevent misuse and abuse. Selling or giving away CONCERTA® may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

What Is CONCERTA®?

CONCERTA® is a central nervous system stimulant prescription medicine. **It is used for the treatment of attention deficit and hyperactivity disorder (ADHD).** CONCERTA® may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

CONCERTA® should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Who should not take CONCERTA®?

CONCERTA® should not be taken if you or your child:

- are very anxious, tense, or agitated
- have an eye problem called glaucoma
- have tics or Tourette's syndrome, or a family history of Tourette's syndrome. Tics are hard to control repeated movements or sounds.
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI.
- are allergic to anything in CONCERTA®. See the end of this Medication Guide for a complete list of ingredients.

CONCERTA® should not be used in children less than 6 years old because it has not been studied in this age group.

CONCERTA® may not be right for you or your child. Before starting CONCERTA® tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, or high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- seizures or have had an abnormal brain wave test (EEG)
- esophagus, stomach, or small or large intestine problems

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can CONCERTA® be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and nonprescription medicines, vitamins, and herbal supplements. CONCERTA® and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking CONCERTA®.

Your doctor will decide whether CONCERTA® can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- seizure medicines
- blood thinner medicines
- blood pressure medicines
- cold or allergy medicines that contain decongestants

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking CONCERTA® without talking to your doctor first.

Find more issues at magazinesdownload.com

How should CONCERTA® be taken?

- **Take CONCERTA® exactly as prescribed.** Your doctor may adjust the dose until it is right for you or your child.
- **Do not chew, crush, or divide the tablets.** Swallow CONCERTA® tablets whole with water or other liquids. Tell your doctor if you or your child cannot swallow CONCERTA® whole. A different medicine may need to be prescribed.
- CONCERTA® can be taken with or without food.
- Take CONCERTA® once each day in the morning. CONCERTA® is an extended release tablet. It releases medication into your/your child's body throughout the day.
- The CONCERTA® tablet does not dissolve completely in the body after all the medicine has been released. You or your child may sometimes notice the empty tablet in a bowel movement. This is normal.
- From time to time, your doctor may stop CONCERTA® treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking CONCERTA®. Children should have their height and weight checked often while taking CONCERTA®. CONCERTA® treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much CONCERTA® or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of CONCERTA®?

See **"What is the most important information I should know about CONCERTA®?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision
- blockage of the esophagus, stomach, small or large intestine in patients who already have a narrowing in any of these organs

Common side effects include:

- decreased appetite
- dry mouth
- trouble sleeping
- dizziness
- stomach ache
- increased sweating
- headache
- nausea
- anxiety
- weight loss
- irritability

Stimulants may impair the ability of you or your child to operate potentially hazardous machinery or vehicles. You or your child should exercise caution until you/your child is reasonably certain that CONCERTA® does not adversely affect your/your child's ability to engage in such activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to McNeil Pediatrics at 1-888-440-7903.

How should I store CONCERTA®?

- Store CONCERTA® in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from moisture.
- **Keep CONCERTA® and all medicines out of the reach of children.**

General information about CONCERTA®

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use CONCERTA® for a condition for which it was not prescribed. Do not give CONCERTA® to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about CONCERTA®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CONCERTA® that was written for healthcare professionals. For more information about CONCERTA® call 1-888-440-7903.

What are the ingredients in CONCERTA®?

Active Ingredient: methylphenidate HCl
Inactive Ingredients: butylated hydroxytoluene, carnuba wax, cellulose acetate, hypromellose, lactose, phosphoric acid, poloxamer, polyethylene glycol, polyethylene oxides, povidone, propylene glycol, sodium chloride, stearic acid, succinic acid, synthetic iron oxides, titanium dioxide, and triacetin.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Manufactured for
McNeil Pediatrics
Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
Titusville, NJ 08560

McNEIL PEDIATRICS™
DIVISION OF ORTHO-MCNEIL-JANSSEN PHARMACEUTICALS, INC.

Revised: November 2009 10180602MG

by Allison Baker

HOW I LOST IT

» **Dennille Ferguson,** *31, Arlington, Texas. Dropped 114 pounds.*

I run with my dogs.
I began walking a mile with my terriers every morning. Then I picked up the pace a little—jogging past the last four mailboxes. Now I can run the entire way.

I buy healthy foods in bulk.
I stock up on boneless, skinless chicken breasts. On weekends I marinate and grill a package and heat some up throughout the week to eat with salads or veggies.

I prep in advance for the gym.
In addition to running in the mornings, I go to the gym two to three days a week after work to use the weight machines. I always pack my workout clothes the night before. *—Ashley Neff*

» Want to share your weight-loss story? E-mail dietsuccess@familycircle.com. Please include photos. Check out more successes at familycircle.com/howilostit

SMART SWAP at Jamba Juice

470 calories 10 g fat — **PUT DOWN** Peanut Butter Moo'd (16 ounces)

DRINK UP Strawberry Nirvana (16 ounces) — **150 calories 0 g fat**

YOU SAVE 320 calories 10 g fat!

FC WEIGHS IN

INSIDE SCOOP

Ice cream doesn't have to be off limits when you're on a diet. Below are a few of our low-cal faves.

GRADE: A
BREYERS SMOOTH & DREAMY TRIPLE CHOCOLATE CHIP
130 calories, 6 g fat
"Love at first bite! The ice cream, coating and chips are a trifecta of yummy chocolate."
— Cheryl S. Grant, research editor

GRADE: A
THE SKINNY COW MINT ICE CREAM SANDWICHES
140 calories, 1.2 g fat
"For a refreshing treat, the superminty ice cream and soft, chocolaty sandwich can't be beat."
— Jennifer Ash Taylor, managing editor

GRADE: A-
BLUE BUNNY STRAWBERRY BANANA FROZEN YOGURT
100 calories, 2 g fat
"Major points for the great fruity flavor. It definitely doesn't taste low fat."
— Susan Hennessey, assistant photo editor

GRADE: B+
WEIGHT WATCHERS GIANT COOKIES & CREAM ICE CREAM BAR
140 calories, 5 g fat
"This huge bar gets the creamy part right, but it could use more cookies throughout."
— Cindy Heller, assistant food editor

» **SLIM-DOWN SECRET** Stay fuller and more satisfied after a carb-rich meal by tossing potatoes, pasta or other grains in a tablespoon of vinegar. The added acidity slows down digestion and suppresses enzymes that turn starches into simple sugars. This helps prevent spikes and crashes in blood sugar, which can leave people hungry, explains Bob Greene, founder of TheBestLife.com.

Photos (Jamba Juice): Bryan McCay.

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MORE TO LOVE

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CRACKERS CALORIES

Now get a satisfying snack and still stay on track.

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walk it off

by Kathy Smith

lose weight FASTER

Maybe your regular walking routine has become a snooze—it happens. Or you haven't budged off the couch because you don't actually believe a stroll will really make a difference. Well, in fact, just a few creative changes can liven up your walking program and give you a reason to get moving. Go ahead and try our plan. There's nothing to lose—except some pounds.

MOMster

Have a fitness question for Kathy Smith? Post it at momster.com/fc/kathysmith. If she answers, we'll send you a free Kathy Smith Walking for Fitness Kit and DVD ($20 value).

1 / Build your base. ➜ Start by focusing on distance and good form—you're not trying to win a race. If you're new to walking, gradually build up to 30 minutes. Both novices and regular walkers (who make 45 minutes their goal) need to think about posture: shoulders back, elbows in, chin up. And no arching the lower back or sticking out your butt. This solid foundation will help you avoid injury while making it easy to add in additional challenges, like the ones below.

2 / Monitor your progress. ➜ While you're walking, think about how hard you're pushing yourself. On an exertion scale from 0 to 10 (with 0 being "easy" and 10 being "very, very difficult") you want to go beyond the 3 or 4 most people settle on. Crank it up to a 6 or 7 to get fat-burning engines revved and running. How do you know you're there? Do the talk test. You should be walking swiftly enough so that you can talk a little but find it difficult to carry on a conversation. If you're walking alone, it should be a struggle to sing along with your iPod for more than a few verses.

3 / Muscle up. ➜ Twice a week skip walking and zero in on upper-body strength—you'll increase your metabolism even while at rest. Plus, strong arms, shoulders, back and chest propel you forward, meaning you'll walk faster and burn more calories. Use light weights or resistance tubes to work your entire upper body with 4 easy moves (3 sets, 15 reps each): biceps curls, triceps extensions, overhead presses and one-armed rows. See familycircle.com/armexercises for how-to's.

4 / Speed it up. ➜ The number one way to dramatically increase calorie burn is by doing intervals. For 3 minutes push yourself until you're at a 7 or 8, then recover for a full minute back at a 3. Repeat a few times throughout your walk. If you find you no longer need the recovery period, push a little harder during the intervals.

5 / Focus on the toes. ➜ While you're walking, concentrate on actively pulling up your toes as your legs swing forward. Engaging the front part of your calf (the tibialis muscle) will strengthen your leg muscles and help move you forward more quickly.

6 / Walk the line. ➜ On your next walk, imagine a thin, straight line in front of you. Adjust your stride so that the inside of your foot touches this imaginary line each time you take a step. Walking the line forces you to rotate your pelvis and extend your hips slightly, which lengthens your stride and allows you to cover more distance in less time—and burn even more calories.

Hair: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using Makeup Forever. Shot on location at Almond Smugglers Cove, St. Lucia. Photo (giveaway): Peter Ardito.

photography by **Karen Pearson**

Find more issues at magazinesdownload.com

ADVAIR helps significantly improve lung function. It contains both an anti-inflammatory* and a long-acting bronchodilator that work together to help you breathe better.† Ask your doctor if ADVAIR is right for you.

To get your first full prescription FREE and to save on refills;‡ visit ADVAIR.com or call 1-800-520-4197.

Important Safety Information about ADVAIR DISKUS 250/50 for COPD:

- ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits. People with COPD taking ADVAIR may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.
- ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure before taking ADVAIR. Do not use ADVAIR with long-acting $beta_2$-agonists for any reason. ADVAIR does not replace fast-acting inhalers for sudden symptoms.

*It is not known how anti-inflammatories work in COPD. †Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary. ‡Restrictions apply. See advairCOPD.com for eligibility rules.

Please see accompanying important information about ADVAIR DISKUS.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you smoke and want to quit, you can learn more at way2quit.com.

gsk GlaxoSmithKline

GSK for you — If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

ADVAIR DISKUS® 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

What is the most important information I should know about ADVAIR DISKUS?

- **In patients with asthma, long-acting $beta_2$-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems.** In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- **ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting $beta_2$-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.**
- **Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.**
- **ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.**
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.**
- **Get emergency medical care if:**
  - **breathing problems worsen quickly, and**
  - **you use your fast-acting inhaler, but it does not relieve your breathing problems.**

What is ADVAIR DISKUS?

- **ADVAIR DISKUS contains 2 medicines:**
  - **fluticasone propionate (the same medicine found in FLOVENT®),** an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - **salmeterol (the same medicine found in SEREVENT®),** a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

Asthma

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

Important Safety Information About ADVAIR DISKUS

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir® (ritonavir capsules) Soft Gelatin, Norvir® (ritonavir oral solution), and Kaletra® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See *"What is the most important information I should know about ADVAIR DISKUS?"*
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - increased cough
  - fever
  - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- **increased blood pressure**
- **chest pain**
- **a fast and irregular heartbeat**
- **headache**
- **tremor**
- **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

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**data on file*

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GET FIT ON A BUDGET

have a ball

You don't need a pricey gym membership to lose weight and build strength. All it takes is 3 key types of equipment—with a total price tag of less than $100—and 6 expert-designed exercises. "Affordable gear, like resistance bands, can work muscles just as effectively as expensive items, such as dumbbells, which can cost hundreds," says Gregory Florez, a spokesperson for the American Council on Exercise, CEO of personal coaching company www.FitAdvisor.com and the designer of our program. To get the most bang for your buck, do 2 sets of the following moves 3 days a week, with at least 1 rest day in between. You'll see results in 4 to 6 weeks. Now that's priceless.

BY SARAH ROBBINS

ALL YOU NEED

The Firm Fitness Ball: $25

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3 SPRI Original Xertubes (green, red and blue resistance bands) **3 x $10 = $30**

Total:

$85

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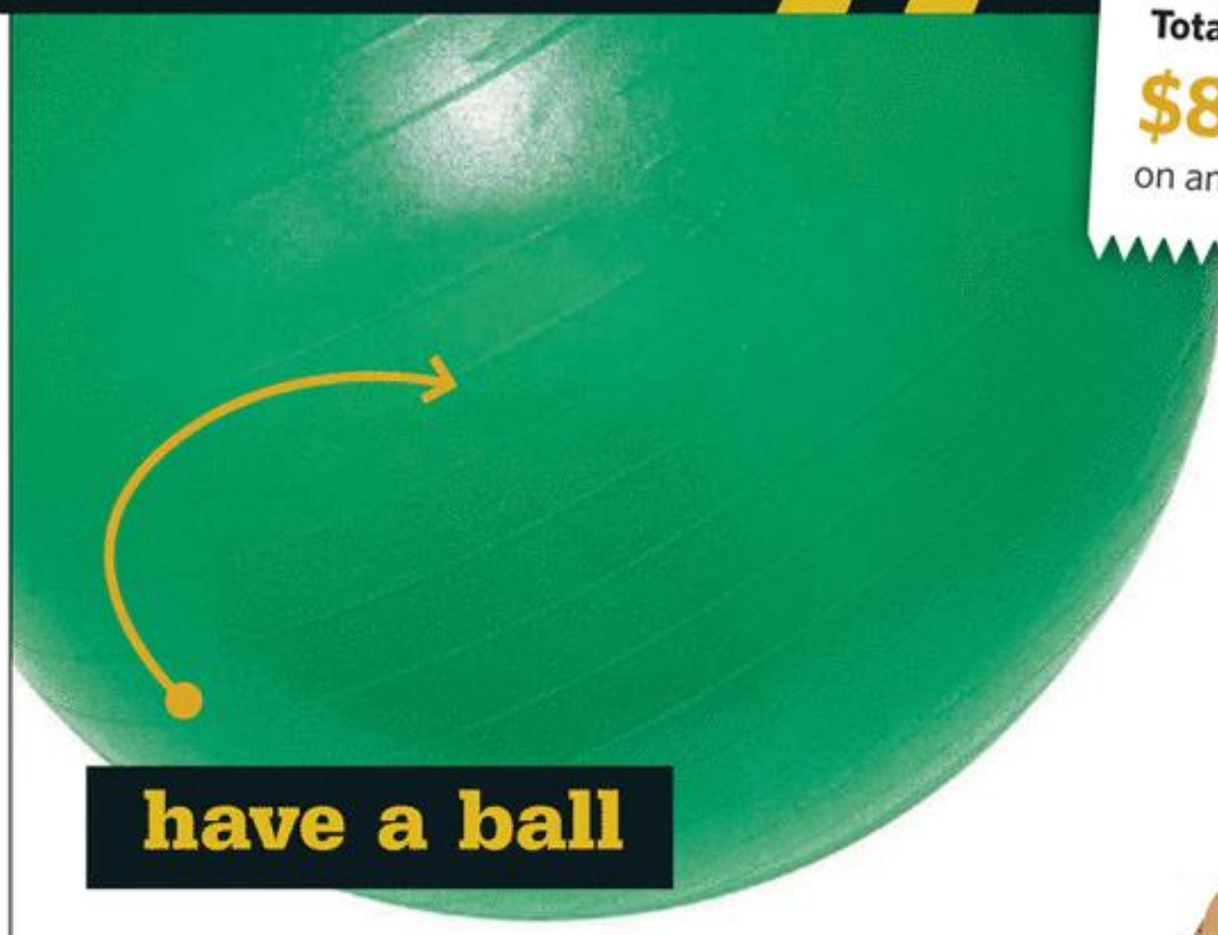

modified superman

TONES » Abs, back, shoulders, buttocks and hamstrings

ONE SET » 15 to 20 repetitions

STARTING POSITION » Lie facedown on the ball so that it's between your chest and your belly. Your arms should hang down perpendicular to the floor. Your legs should be shoulder-width apart, stretched out diagonally, with your toes touching the floor to keep your body stable.

ONE REP » Lift and extend your left arm out in front of you so it's parallel to the floor—and at the same time lift and extend your right leg so it's also parallel to the floor. Hold this position for 2 seconds. Then lower them back to the starting position and repeat the move with the right arm and the left leg. That's 1 rep.

crunches with a twist

TONES » Oblique (side) and lower abs, upper thighs

ONE SET » 15 to 30 repetitions to each side

STARTING POSITION » Sit on top of the ball with your knees shoulder-width apart and your feet firmly planted on the floor. Slide down the ball until your lower back is leaning against it. Remember to keep your back as straight as you possibly can.

ONE REP » Cross your arms over your chest and raise your torso (as if doing a sit-up) for 3 seconds, lifting yourself only as far as you can while keeping your buttocks in contact with the ball. As you crunch, tighten your stomach muscles and squeeze your glutes. At the top of the motion, gently rotate your upper torso to the right. Come back to the center and roll back down to the starting position. Repeat the crunch, this time rotating to the left.

Photo: Michael Kraus. Illustrations: John Pirman.

AFFORDABLE GEAR CAN WORK MUSCLES JUST AS EFFECTIVELY AS EXPENSIVE ITEMS.

break out the bands

Start these exercises with the green (lightweight) band. If you finish a set and can do at least 3 more reps with perfect form, switch to the red (medium) and then the blue (heavy) for more resistance.

standing squat with shoulder press

TONES » Glutes, quads, hamstrings, shoulders and triceps

ONE SET » 15 to 20 repetitions

STARTING POSITION » Stand with your back straight, feet shoulder-width apart and knees slightly bent. Place the band securely under your feet. Gripping the band's handles with palms facing forward, raise your arms out to the sides so they're parallel to the floor, and then bend your forearms, so they're perpendicular to the ground.

ONE REP » Keeping your abs pulled in and your gaze at eye-level, take 2 seconds to lower into a squat. Make sure that when you're in the deepest part of the bend, the tops of your thighs don't go past parallel to the floor. Take 2 seconds to return to the starting position, and then slowly press your arms up overhead until your elbows are straight. Leading with your elbows, return arms to starting position.

alternating leg lunges with biceps curls

TONES » Glutes, hamstrings, quads, calves, biceps and forearms

ONE SET » 12 to 15 repetitions on each leg

STARTING POSITION » Stand with your back straight, feet shoulder-width apart, knees slightly bent, hands hanging by your sides while holding the band, chin level with the floor and eyes gazing straight ahead. Then step on the band with your right foot.

ONE REP » Gripping the handles with palms facing forward, slowly lunge backward about 2 feet with your left foot. Bend your left knee while curling your forearms upward, making sure your back stays straight. Once you finish the motion, return to the starting position. After 1 full set on that side, switch legs.

fitness FREEBIE

Ten readers will each get the set: 3 SPRI Original Xertubes, 1 Firm Fitness Ball and 1 Gaiam Fitness Mat ($85 total value). For details, visit momster.com/fc/gregflorez

Photo: Michael Kraus. Illustrations: John Pirman.

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Your child could be

oneless

person affected by HPV disease.

Now you can help protect both your son and daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

GARDASIL®
[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com **1-800-GARDASIL**

Talk to your child's doctor today.

patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help. Visit www.merck.com/merckhelps.

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Patient Information about GARDASIL® (pronounced "gard-Ah-sill")

Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

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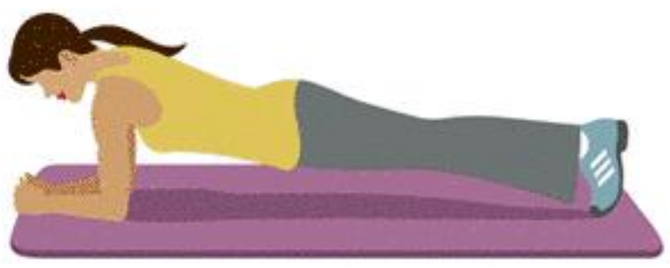
make use of the mat

YOU DON'T NEED A PRICEY GYM MEMBERSHIP TO LOSE WEIGHT AND BUILD STRENGTH.



the plank

TONES » Shoulders, chest, back, abs, buttocks, hamstrings and calves

ONE SET » 2 repetitions

STARTING POSITION » Get on all fours: hands under shoulders, knees bent under hips, back straight.

ONE REP » Place elbows on the mat, straighten legs and prop yourself up on your toes, so your head and spine are in a straight line, parallel to the mat. Hold this position for 10 seconds. As you get stronger, tack on 10 to 15 seconds, increasing the time until you can hold each plank for 2 minutes.

downward-facing dog

TONES » All muscles, improving balance, flexibility and posture

ONE SET » 10 to 15 repetitions

STARTING POSITION » Lie on your stomach with your legs straight behind you, toes curled under. Place your hands flat on the mat, even with the midline of your chest.

ONE REP » Walk feet 4 to 6 inches apart for stability. Then, pushing with your hands and toes at the same time, stick your buttocks into the air until your body is in an inverted V position—arms straight, legs straight. If possible, place your heels on the floor. Slowly lower your entire body back down to the starting position. ●

Photo: Michael Kraus. Illustrations: John Pirman.

CARDIO Complement

To drop pounds faster, add a daily dose of walking. For helpful hints, see page 144.

Helps erase odors

New Always Dri-Liners Plus+ help eliminate odors — and worries. With patented Odor-Lock™ technology, they continuously absorb and neutralize odors.

Odor-Lock

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Everyday Habits That Wreck Your Health

Seemingly benign things you do on a regular basis may be anything but. We've got the easy fixes for common slipups.

BY BROOKE BENJAMIN

Earlier this year my husband and I fell into a routine—relaxing and chatting over a scoop (or two) of ice cream on the couch after dinner. It wasn't long before I realized we were averaging a pint a night—and my jeans were getting tight. Reversing the damage wasn't easy, but I switched to nonfat frozen yogurt, then gradually turned dessert into a special weekend treat. We all are guilty of habits just as common as my scoop a day: skimping on sleep, biting nails, skipping flossing or something similar. Four women reveal their little indiscretions and share how they made a change for the better.

"I never got enough sleep." —Jill Houk, Chicago, IL

This 42-year-old single mom slept four hours a night while starting her own culinary business. Her wake-up call? She began to forget things she had said to her 11-year-old son.

THE DANGER Too little sleep doesn't just sabotage your next day's performance: In one recent *Archives of Internal Medicine* study, women who got five hours or less per night were 39% more likely to develop heart disease than those who slept eight hours nightly, perhaps because poor sleep triggers your body to create more of the stress hormone cortisol. Elevated cortisol levels are linked to high blood pressure and glucose intolerance, which is a risk factor for diabetes.

Sleep Better/Jill's Tips

Keep a food diary. "I'm a chef, so I decided to track my meals to see how food affects my sleep," says Jill.

illustrations by **Mary Lynn Blasutta**

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EYEGLASSGUIDE.COM

My Life:

I'm a Shop-a-holic fashionista.

My Lenses:

Photochromic, because I'm in and out all day.

My Lens Options:

An anti-reflective treatment.

My Frames:

EyeGlassGuide.com got me started and my optician did the rest.

My Look:

Designer, Vintage inspired.

EyeGlassGuide.com/fc Turning eyeglasses into *my glasses*™

Brought to you by Transitions®

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"I already knew that caffeine kept me up, but I discovered that spicy dinners and wheat did too."

Make a bedtime ritual. "Every night at 9 P.M. I have an hour of 'me time' in my bedroom. I thumb through a magazine, and I don't even look at my BlackBerry (I put it inside a special box to charge overnight so it can't stress me out). Lights go out at 10 P.M., and I get up at 5:30 or 6 A.M."

◗ **EXPERT ADVICE** When Jill has trouble nodding off, she should count backward from 300 by 3s, suggests psychologist Michael Breus, Ph.D., author of *Beauty Sleep: Look Younger, Lose Weight, and Feel Great Through Better Sleep* (Plume). "It's a distraction technique that calms your mind. I never make it past 150," he says. "She could also try progressive muscle relaxation, which can help your entire body to relax. As you lie in bed, tense and relax your muscles, starting at the top of your head and working your way down: Squint your eyes shut and hold for five seconds, then relax; scrunch your nose for five seconds, then relax—move all the way down to your feet.

◗ **SURPRISE BENEFIT** "When I was sleep-deprived I'd fly off the handle at the littlest thing. Now I'm a better parent," says Jill.

"I seldom flossed."

—Jenni Taylor Swain, Fayetteville, AR

This 48-year-old finally made flossing a habit after her dentist warned her about her bleeding gums and plaque buildup.

◗ **THE DANGER** Flossing is the best way to prevent gum disease, which affects nearly 80% of adults. This bacterial infection, which is the number one cause of tooth loss in those over age 35, is not just a dental issue: It has been linked to heart disease, diabetes, rheumatoid arthritis and even some types of cancer.

Floss Often/Jenni's Tips

Bring it out of the bathroom. "Most people keep floss only in their medicine cabinet," says Jenni. "Mine is in my glove compartment, a bowl by my kitchen sink and in my purse (one kind comes in a container that fits in my wallet like a credit card). I floss a handful of times each day—usually when I'm stuck in traffic or watching TV—and it's great because my sons (ages 16 and 13) see me taking care of my oral health."

Stock up. "I bought all different kinds of floss: woven, waxed, unwaxed, flavored. The variety makes it a little more fun."

◗ **EXPERT ADVICE** "It's great that Jenni set it up so she can floss anytime, anywhere—one of my patients scheduled a daily reminder in his work e-mail calendar," says Cynthia Sherwood, D.D.S., an Academy of General Dentistry spokesperson in Independence, Kansas. Just be sure to use care, especially if you floss often, as it's possible to aggravate your gums. Dr. Sherwood recommends products that take the hassle out of the process, such as floss sticks or the Reach

Break This Habit, Live Longer

❖❖❖

Nearly 20% of women smoke, despite a mountain of research linking smoking to heart disease, stroke, lung cancer and a dozen other cancers. Here's some motivation to stop.

20 minutes after quitting: Your blood pressure drops.

12 hours after quitting: Levels of toxic carbon monoxide in your blood decrease.

2 weeks to 3 months after quitting: Your lung function increases.

1 to 9 months after quitting: You cough less.

1 year after quitting: Your heart-disease risk is cut in half.

5 to 15 years after quitting: Your stroke risk is that of a nonsmoker.

15 years after quitting: Your heart-disease risk is the same as a nonsmoker's.

Check out the step-by-step guide to quitting at smokefree.gov. To trade stop-smoking tips with moms like you, visit momster.com/fc/quitsmoking

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EVISTA®
raloxifene HCl tablets 60mg

Treat your osteoporosis your way

EVISTA lets me treat my osteoporosis at any time of day, with or without food.

I know it's important to treat my osteoporosis. And with EVISTA, if I want to take it with breakfast, lunch or dinner, I can. Since it's a daily pill, I take it at the same time every day, so I can remember to take it with my calcium and vitamin D. That's why EVISTA is my osteoporosis medicine.

EVISTA has been prescribed for over 10 years to treat and prevent osteoporosis in women past menopause.

EVISTA increases bone mineral density, and reduces the risk of spinal fractures.

Go to **osteomyway.com** to find out more. Ask your doctor if EVISTA is right for you.

Important Safety Information for EVISTA® (raloxifene HCl tablets)

You should not take EVISTA if you have had or are at risk for getting blood clots in the legs, lungs or eyes, as it may increase the risk of blood clots. Stop taking EVISTA and call your doctor if you have leg pain or warmth, swelling of the legs, hands or feet, chest pain, shortness of breath or a sudden vision change, as these may be signs of a blood clot. Being unable to move around for long periods may increase this risk. If you will need to be still for a long time, talk to your doctor about ways to reduce the risk of blood clots.

EVISTA does not increase the risk of a heart attack or stroke in women who have had or are at risk for a heart attack; however; EVISTA increases the likelihood of dying from stroke in these women, should one occur. Before taking EVISTA tell your doctor if you have had a stroke, a mini-stroke, irregular heartbeat, high blood pressure, heart attack, history of smoking, or believe you have other risk factors for stroke or a heart attack.

Before Taking EVISTA

EVISTA is not right for everyone. You should only take prescription EVISTA if you are past menopause. Before taking EVISTA, talk to your doctor about all your medical conditions. If you are pregnant, nursing or may become pregnant, do not take EVISTA, as it may cause fetal harm. Women with liver or kidney disease should use EVISTA with caution. EVISTA should not be taken with estrogens in the form of pills, patches or injections.

Side Effects

Side effects may include hot flashes, leg cramps, swelling, flu-like symptoms, joint pain, and sweating. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see next page for additional information about EVISTA.

1-888-77-EVISTA

Partnership For Prescription Assistance
If you need assistance with prescription costs, help may be available.
Visit www.pparx.org or call 1-8884PPA-NOW.

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Lilly

Information for Patients About

EVISTA®
(raloxifene hydrochloride tablets)
Tablets for Oral Use

Please read the information carefully that comes with EVISTA before you start taking it and each time you refill your prescription. The information may have changed. This information does not take the place of talking with your doctor about your medical condition or treatment. Talk with your doctor about EVISTA when you start taking it and at regular checkups.

What is the most important information I should know about EVISTA?

Serious and life-threatening side effects can occur while taking EVISTA. These include blood clots and dying from stroke:

- Increased risk of blood clots in the legs (deep vein thrombosis) and lungs (pulmonary embolism) have been reported with EVISTA. Women who have or have had blood clots in the legs, lungs, or eyes should not take EVISTA.
- Women who have had a heart attack or are at risk for a heart attack may have an increased risk of dying from stroke when taking EVISTA.

1. Before starting EVISTA, tell your doctor if you have had blood clots in your legs, lungs, or eyes, a stroke, mini-stroke (transient ischemic attack), or have an irregular heartbeat.
2. Stop taking EVISTA and call your doctor if you have:
   - leg pain or a feeling of warmth in the lower leg (calf).
   - swelling of the legs, hands, or feet.
   - sudden chest pain, shortness of breath, or coughing up blood.
   - sudden change in your vision, such as loss of vision or blurred vision.
3. Being still for a long time (such as sitting still during a long car or airplane trip or being in bed after surgery) can increase your risk of blood clots. (See **"What should I avoid if I am taking EVISTA?"**)

What is EVISTA?

EVISTA is a type of prescription medicine called a Selective Estrogen Receptor Modulator (SERM). EVISTA is for women after menopause, and has more than one use:

- **Osteoporosis:** EVISTA treats and prevents osteoporosis by helping make your bones stronger and less likely to break.
- **Invasive Breast Cancer:** If you have osteoporosis or are at high risk for breast cancer, EVISTA can be used to lower your chance of getting invasive breast cancer. EVISTA will not totally get rid of your chance of getting breast cancer. Your doctor can estimate your risk of breast cancer by asking you about risk factors, including:
  - your age (getting older).
  - family history of breast cancer in your mother, sister, or daughter.
  - a history of any breast biopsy, especially an abnormal biopsy.

You and your doctor should talk about whether the possible benefit of EVISTA in lowering your chance of getting invasive breast cancer is greater than its possible risks.

EVISTA is not for use in premenopausal women (women who have not passed menopause).

Who should not take EVISTA?

Do not take EVISTA if you:

- have or have had blood clots in your legs, lungs, or eyes. Taking EVISTA may increase the risk of getting blood clots.
- are pregnant or could become pregnant. EVISTA could harm your unborn child.
- are nursing a baby. It is not known if EVISTA passes into breast milk or what effect it might have on the baby.

What should I tell my doctor before taking EVISTA?

EVISTA may not be right for you. Before taking EVISTA, tell your doctor about all your medical conditions, including if you:

- have had blood clots in your legs, lungs, or eyes, a stroke, mini-stroke (TIA/transient ischemic attack), or a type of irregular heartbeat (atrial fibrillation).
- have had breast cancer. EVISTA has not been fully studied in women who have a history of breast cancer.
- have liver or kidney problems.
- have taken estrogen in the past and had a high increase of triglycerides (a kind of fat in the blood).
- are pregnant, planning to become pregnant, or breast-feeding (see **"Who should not take EVISTA?"**).

Tell your doctor about all medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist each time you get a new medicine. Especially tell your doctor if you take*:

- warfarin (Coumadin®, Jantoven®)

  If you are taking warfarin or other coumarin blood thinners, your doctor may need to do a blood test when you first start or if you need to stop taking EVISTA. Names for this test include "prothrombin time," "pro-time," or "INR." Your doctor may need to adjust the dose of your warfarin or other coumarin blood thinner.
- cholestyramine
- estrogens

EVISTA should not be taken with cholestyramine or estrogens.

How should I take EVISTA?

- Take EVISTA exactly how your doctor tells you to.
- Keep taking EVISTA for as long as your doctor prescribes it for you. It is not known how long you should keep taking EVISTA to lower your chance of getting invasive breast cancers.
- It is important to get your refills on time so you do not run out of the medicine.
- Take one EVISTA tablet each day.
- Take EVISTA at any time of the day, with or without food.
- To help you remember to take EVISTA, it may be best to take it at about the same time each day.

Find more issues at magazinesdownload.com

- Calcium and vitamin D may be taken at the same time as EVISTA. It is important to take calcium and vitamin D, as directed by your physician, to prevent or treat osteoporosis.
- If you miss a dose, take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and take only your next regularly scheduled dose. Do not take two doses at the same time.

What should I avoid while taking EVISTA?

- Being still for a long time (such as during long trips or being in bed after surgery) can increase the risk of blood clots. EVISTA may add to this risk. If you will need to be still for a long time, talk with your doctor about ways to reduce the risk of blood clots. On long trips, move around periodically. Stop taking EVISTA at least 3 days before a planned surgery or before you plan on being still for a long time. You should start taking EVISTA again when you return to your normal activities.
- Some medicines should not be taken with EVISTA (see **"What should I tell my doctor before taking EVISTA?"**).

What are the possible side effects of EVISTA?

Serious and life-threatening side effects can occur while taking EVISTA. These include blood clots and dying from stroke:

- Increased risk of blood clots in the legs (deep vein thrombosis) and lungs (pulmonary embolism) have been reported with EVISTA. Women who have or have had blood clots in the legs, lungs, or eyes should not take EVISTA.
- Women who have had a heart attack or are at risk for a heart attack may have an increased risk of dying from stroke when taking EVISTA.

See **"What is the most important information I should know about EVISTA?"**

The most common side effects of EVISTA are hot flashes, leg cramps, swelling of the feet, ankles, and legs, flu syndrome, joint pain, and sweating. Hot flashes are more common during the first 6 months after starting treatment.

These are not all the side effects of EVISTA. Tell your doctor about any side effect that bothers you or that does not go away. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What else should I know about EVISTA?

- Do not use EVISTA to prevent heart disease, heart attack, or strokes.
- To get the calcium and vitamin D you need, your doctor may advise you to change your diet and/or take supplemental calcium and vitamin D. Your doctor may suggest other ways to help treat or prevent osteoporosis, in addition to taking EVISTA and getting the calcium and vitamin D you need. These may include regular exercise, stopping smoking, and drinking less alcohol.
- Women who have hot flashes can take EVISTA. EVISTA does not treat hot flashes, and it may cause hot flashes in some women. (See **"What are the possible side effects of EVISTA?"**)
- EVISTA has not been found to cause breast tenderness or enlargement. If you notice any changes in your breasts, call your doctor to find out the cause. Before starting and while taking EVISTA you should have breast exams and mammograms, as directed by your doctor. Because EVISTA does not eliminate the chance of developing breast cancers, you need these examinations to find any breast cancers as early as possible.
- EVISTA should not cause spotting or menstrual-type bleeding. If you have any vaginal bleeding, call your doctor to find out the cause. EVISTA has not been found to increase the risk for cancer of the lining of the uterus.
- Women in clinical trials have taken EVISTA for up to eight years.

How should I store EVISTA?

- Store EVISTA at 68°F to 77°F (20°C-25°C).
- **Keep EVISTA and all medicines out of the reach of children.**

General Information about the safe and effective use of EVISTA

Medicines are sometimes prescribed for purposes other than the ones listed. Do not use EVISTA for a condition for which it was not prescribed. Do not give your EVISTA to other people, even if they have the same symptoms you have. It may harm them.

This is a summary of the most important information about EVISTA. If you would like more information about EVISTA, talk with your doctor. You can ask your doctor or pharmacist for information about EVISTA that is written for health professionals. For more information, call 1-800-545-5979 (toll-free) or go to the following website: www.evista.com.

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Lilly

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Based on Medication Guide PV 3125 AMP PRINTED IN USA

EVISTA® (raloxifene hydrochloride tablets) PV 3125 AMP

Access Flosser (available at drugstores), which has a long handle for getting to the back molars. If you haven't flossed in a while, try the woven kind—it's softer, so it's easier on your gums.

SURPRISE BENEFIT "I love my smile, and my gums never bleed anymore. But one thing I didn't expect? I seldom get sick now," says Jenni. Dr. Sherwood thinks that since Jenni's immune system doesn't have to focus on her inflamed gums, it may have more time to guard against colds and other minor illnesses.

"I never ate breakfast."
—Jennifer Krosche, Long Island, NY

This 37-year-old owner of a public relations firm and mom to a 13-year-old daughter thought she was way too busy to make breakfast and figured she was saving calories—until she realized how often she hit the vending machine for a midmorning snack.

THE DANGER An A.M. meal keeps your eating in check all day. When University of Colorado Health Sciences Center researchers examined the habits of people who successfully lost weight and kept it off, they found that nearly 80% of them ate breakfast daily. Other research has shown that breakfast eaters have lower cholesterol and better brain function throughout the day.

Make Breakfast a Priority/Jennifer's Tips

Take two. "I get up at 5:30 A.M., but I'm not hungry, just thirsty. I stock up on store-bought smoothies so that I can have one first thing. Then I eat something more substantial at the office (I keep whole-grain cereal, bagels and fruit at my desk). Splitting my breakfast into two mini meals keeps me more satisfied."

Raid your lunchbox. "When I've tired of my usual breakfast or my office stash is running low, I change things up by eating what I brought for lunch: a peanut butter and jelly or turkey sandwich, or cottage cheese with fruit. Then I'll run out for a small salad later in the day."

EXPERT ADVICE "It's good that Jennifer puts something in her belly early in the morning," says Family Circle Advisory Board member Susan Mitchell, Ph.D., R.D., coauthor of *Fat Is Not Your Fate* (Fireside). "But since processed smoothies can pack serious sugar and calories, she should make her own." This recipe, which can be prepared the night before, is one of Mitchell's favorites: Put ½ cup fat-free Greek yogurt, 1 cup skim milk and 1½ tablespoons natural peanut butter in a blender and store in the fridge; place 2 bananas in the freezer. In the morning add the bananas and blend (makes 2 servings).

SURPRISE BENEFIT "I can't believe the mental difference that breakfast makes. I can now get twice as much work done in the morning," says Jennifer.

Find more issues at magazinesdownload.com

"I had horrible posture."

—Tracy Higginbotham, Syracuse, NY

Ever since 45-year-old Tracy was a teen, people had been telling her to stand up straighter. When she started exercising to lose weight, improved posture was an unexpected benefit.

◗ **THE DANGER** Your mom told you poor posture projects a lack of confidence, and she was right. But years of slouching can also cause neck and back pain. Plus, you lose strength in your core as muscles become permanently contracted, so it becomes harder to stand up straight.

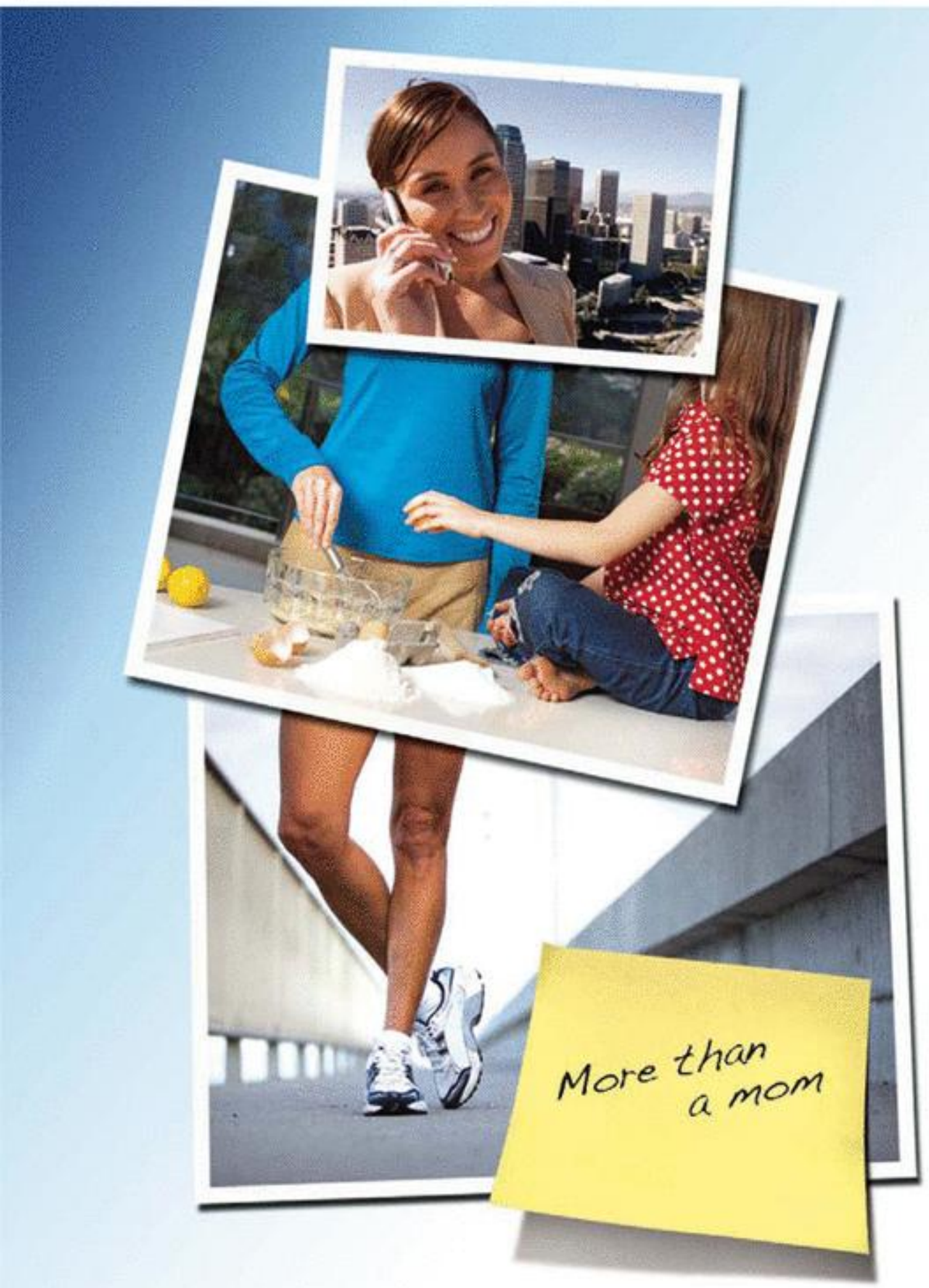
How to Stand Tall/Tracy's Tips

Build strength. "I started a basic upper-body strength-training routine, with biceps and triceps curls and push-ups. After just a few weeks I noticed that my posture was better. My favorite exercise: Squeeze your shoulder blades together as if you're pinching a penny between them for about 10 seconds, then release."

Take tech breaks. "When I'm at my computer and my shoulders start to slump, I do 15 to 20 minutes of upper-body exercises or yoga. I love the downward dog pose—it stretches me out and makes me stand tall."

◗ **EXPERT ADVICE** "It's excellent that Tracy started strength training—a strong core is key for good posture," says Miriam E. Nelson, Ph.D., a physical activity and nutrition scientist at Tufts University in Boston and coauthor of *Strong Women, Strong Backs* (Penguin Books). She should also swap her desk chair for an exercise ball an hour a day. "It helps your ab and back muscles—you can't slouch," says Nelson.

◗ **SURPRISE BENEFIT** "Exercise has improved my posture and even my career. When I finish my day with a physical activity, I find myself brainstorming solutions to problems at work," says Tracy. ●



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food

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healthy meals • delicious desserts • quick cooking solutions

squash it

Enjoy every bit of summer squash—seeds, peel and all. The skin is packed with vitamins A and C. Store in the fridge for up to 5 days. For a healthy entrée, heat 2 tbsp olive oil in skillet. Add 1 tbsp chopped garlic and 1 lb shredded squash. Cook 1 minute. Toss with ½ lb cooked linguine, ½ cup toasted sliced almonds, 2 tbsp olive oil, 1 tbsp lemon juice, ¾ tsp salt and ¼ tsp pepper. Top with shaved Parmesan.

Photo: Dana Hoff/Stockfood.

FC PICKS » HERB APPEAL

This summer is bringing a bumper crop of garden-inspired goodies. A few of our faves:

Carr's Rosemary Crackers
Top these rich, savory crackers with blue cheese and serve with merlot for a simple, elegant appetizer.

Häagen-Dazs Five Mint
Dig into this delicious ice cream made with just five all-natural ingredients.

Deep River Snacks Rosemary & Olive Oil Chips
The hint of rosemary gives them an edge over other kettle-cooked varieties.

Amore Italian Herb Paste
This blend of basil, oregano and Italian parsley is an easy addition to garlic bread or vinaigrettes.

TRASH TALK

The average family tosses $600 worth of food in the garbage every year, according to the U.S. Environmental Protection Agency. Surely you have something better to do with that cash—so try these tips from green-lifestyle expert Danny Seo, author of the syndicated column "Do Just One Thing."

TO STOP SPOILAGE

- Store apples, bananas, cantaloupes, pears and nectarines away from other produce—they emit ethylene, which hastens the ripening process.
- Never put raw meat, poultry or seafood on the top shelf of the fridge. Their juices, which contain bacteria, can drip down and contaminate other foods.
- Remove meat, poultry and fish from store packaging and dip in cold water. Rewrap in zip-top bags and freeze. This gives the food an even protective layer that helps prevent freezer burn.

TO RESCUE PAST-THEIR-PRIME VEGGIES, FRUIT AND BREAD

- Revive wilted celery by cutting the bottoms and placing stalks in a cup of cold water with 2 tablespoons white vinegar for 3 minutes.
- Cook too-soft cucumbers into a vegetable mash. Toss with olive oil; add salt and pepper.
- Freeze overripe bananas and dip in melted chocolate or warm chocolate sauce.
- Spray stale bread with water and re-bake in the oven at 325° for 5 minutes for rolls or small pieces, 20 minutes for a whole loaf.

3 New Ideas for MAYONNAISE

1. Mix together ½ cup *each* light mayonnaise and grated Parmesan cheese. Spread evenly over 4 tilapia fillets. Place in an oven-proof dish and bake at 450° for 20 minutes.

2. Blend 1 cup light mayonnaise, ¼ cup mango chutney and ½ teaspoon curry powder. Refrigerate for 1 hour. Serve as dip for crudités.

3. Combine 1 cup light mayonnaise, 1 tablespoon *each* lemon juice and olive oil, 1½ teaspoon wasabi powder and 2 chopped scallions. Refrigerate. Serve as a sauce to accompany grilled, sliced steak.

LADY GRILLER

Firing up the grill isn't just a guy thing—guru Elizabeth Karmel takes a fun, feminine approach at her site, girlsatthegrill.com. She talks barbecue basics, offers recipes for pizza, pork and more, and serves up great ideas for beers, wines and fruity concoctions.

MOMster
Got a grilling question? Ask Elizabeth at momster.com/fc/grillinggirl. If yours is among the 10 she chooses to answer, we'll send you a free copy of one of her cookbooks.

Photo (garbage can): Dorling Kindersley/Getty Images. Illustration: Barry Falls.

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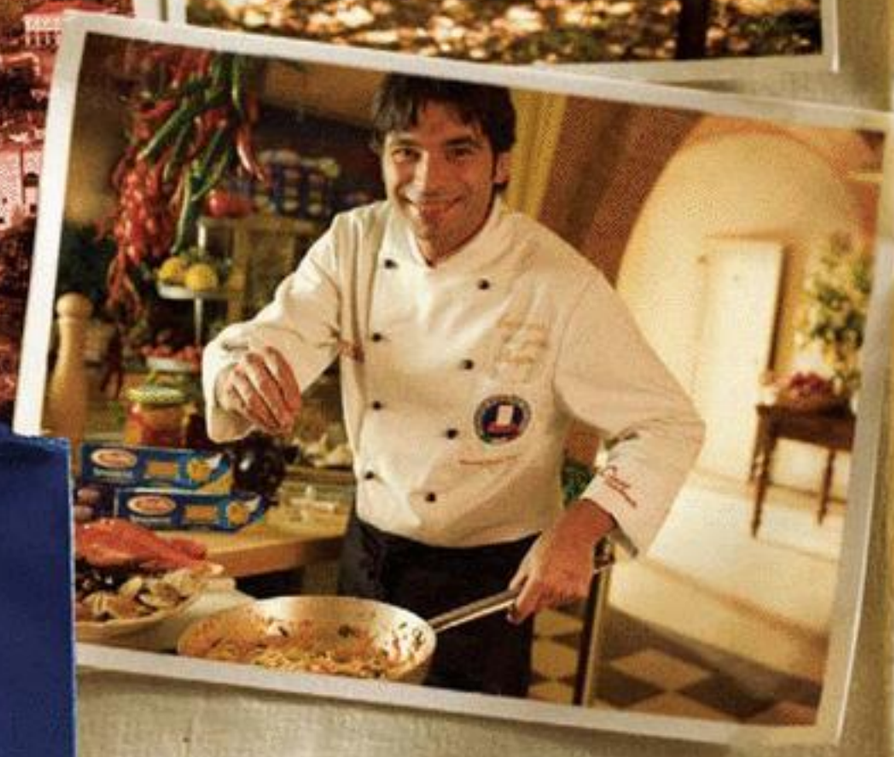

Barilla
SPAGHETTI

I ALWAYS IMAGINED HEAVEN WAS HIGH ABOVE THE CLOUDS.
Now I realize
IT'S JUST SOUTH OF SORRENTO.

We traveled through steep cliffs lined with lemon groves and grape vines until we reached Positano. In the middle of town we discovered a small restaurant bustling with activity. Intrigued, I asked the server how they'd become so popular. She smiled and pointed to a shelf filled with Barilla pasta.

www.DiscoverBarilla.com

Barilla Spaghetti with clams

Ingredients

Barilla Spaghetti	1 box
Fresh little neck clams	Approx 50
Garlic	2 cloves
Red pepper flakes	½ tsp
Extra virgin olive oil	6 tbsp
Dry white wine	½ cup
Fresh Italian parsley	½ cup
Crushed tomatoes	1 28 oz can
Sea salt	To taste

For the complete recipes visit
DiscoverBarilla.com

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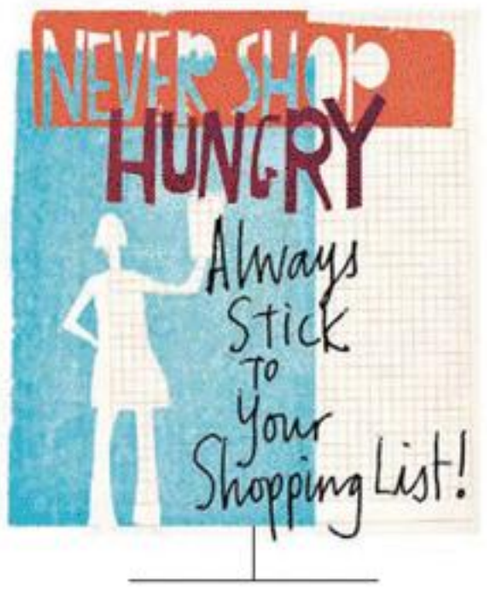
in the kitchen with regina

GOOD-FOR-YOU IDEAS FROM OUR FOOD DIRECTOR/ REGISTERED DIETICIAN

Kitchen Confidential

Wow! We always knew that you looked to us for help with feeding your families, but my recent visits to *Family Circle*'s Facebook page and to Momster.com were very instructive! I have three words: healthy, quick and inexpensive. That seems to be the magical combo that everyone wants when it comes to putting food on the table these days. In upcoming columns I'll go into depth on how to do this, but let's start with the basics:

➜ **Make a plan.** Somehow, some way, you need to find one hour each week to create a seven-day menu, with breakfasts, lunches, dinners and snacks. If you don't do this already, it may sound daunting, but I guarantee it gets easier with practice and is worth the effort. For ideas, try out kitchenmonki.com—it makes planning dinner fun.

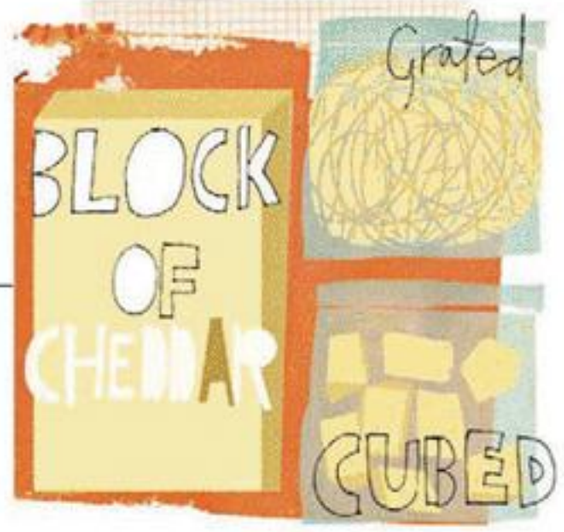


➜ **Create a list.** With your menu in hand, check your fridge and pantry to see what you have, then write down exactly what you need for your meals and snacks. The key to saving time and money is to stick to your list when shopping. And it's worth repeating what to me is the cardinal rule of food shopping: Never go when you're hungry.

➜ **Have a plan B.** Even the most well thought out menu can end up on the back burner. Always keep staples like whole-grain pasta, brown rice, and canned beans and tomatoes on hand for a last-minute supper like Pasta Fagioli (recipe, right) so you don't have to resort to takeout.

➜ **Whip up leftovers.** When you prepare a favorite dish, like macaroni and cheese or lasagna, make two and freeze one for another time. To bump up the nutrition and stretch servings, toss in extra veggies. You will thank yourself when you have something to slide into the oven after a crazy day.

➜ **Buy whole—as in, not already cut, grated or portion-packed.** Money-wise, pound for pound, you get way more chicken from a whole bird versus buying pre-sliced chicken breast. Ditto for cheese—grab a block and grate as needed. Pick up large bags of nuts, dried fruits and whole-grain cookies, then divide into small snack-size bags.

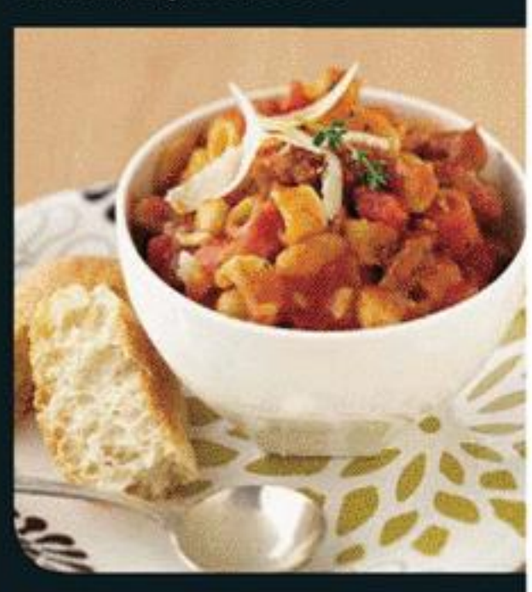


Pasta Fagioli

MAKES 8 servings
PREP 10 minutes **COOK** 13 minutes

In large saucepan, heat 2 tablespoons **extra-virgin olive oil** over medium-high heat. Add 3 sliced **cloves of garlic**; cook for 1 minute. Stir in 6 cups **reduced-sodium veggie or chicken broth,** one 28-ounce can **crushed tomatoes,** 1 teaspoon **Italian seasoning,** ¼ to ½ teaspoon **onion salt** and ¼ teaspoon **black pepper.** Bring to a boil over high heat. Stir in a half-pound **ditalini or whole-wheat shells.** Reduce heat; simmer, stirring occasionally, for 10 to 11 minutes, until pasta is tender. Stir in two 19-ounce cans drained and rinsed **cannellini beans**; cook 1 minute or until beans are heated through. Serve with ½ cup shredded **Parmesan**.

PER SERVING 511 calories; 7 g fat (2 g sat.); 22 g protein; 89 g carbohydrate; 11 g fiber; 799 mg sodium; 8 g cholesterol



Photos: (pasta) Marty Baldwin; (Ragone) Tina Rupp.

illustrations by **Susy Pilgrim Waters**

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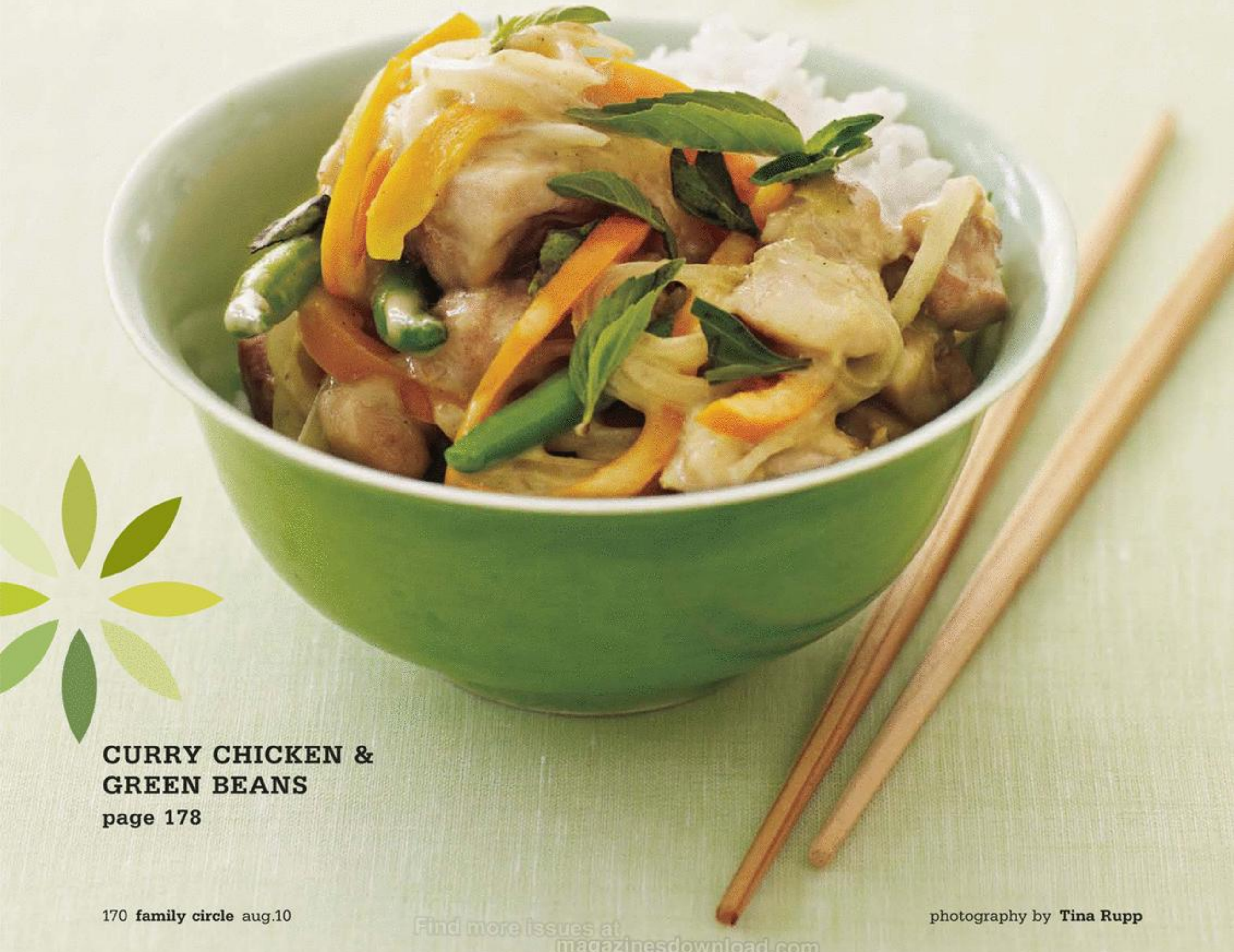
A fresh twist on fast food—delicious, veggie-packed dishes ready in 20 minutes max.

BY MICHAEL TYRRELL



CURRY CHICKEN & GREEN BEANS
page 178

photography by **Tina Rupp**

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MIDDLE EASTERN STUFFED ZUCCHINI

page 178

KUNG PAO STEAK & VEGETABLES
page 178

Food styling: Cyd McDowell. Prop styling: Deborah Williams.

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If you find anything else
inside our bag, it's called your hand.

Just potatoes, all-natural oil & a dash of salt.

Happiness *is* simple®

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CAPRESE PASTA

MAKES 6 servings **PREP** 10 minutes **COOK** 9 minutes

- 1 pound cavatappi pasta
- 1½ pounds heirloom tomatoes, cored, seeded and chopped
- ¼ cup extra-virgin olive oil
- ¼ cup pitted black olives, chopped
- 2 tablespoons capers
- 2 tablespoons balsamic vinegar
- ½ pound fresh mozzarella cheese, cut into ½-inch pieces
- 1 cup fresh basil, torn

❶ Cook pasta following package directions, about 9 minutes; drain.

❷ In a large bowl, stir together the tomatoes, olive oil, olives, capers and balsamic vinegar. Add pasta to the bowl and stir to combine. Fold in mozzarella and basil.

❸ Serve warm or at room temperature.

PER SERVING 494 calories; 19 g fat (7 g sat.); 18 g protein; 62 g carbohydrate; 4 g fiber; 252 mg sodium; 27 mg cholesterol

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SWORDFISH à la SICILIANA

MAKES 4 servings **PREP** 15 minutes **COOK** 19 minutes **GRILL** 10 minutes

- **2 tablespoons olive oil**
- **1½ pounds eggplant, ends trimmed and cut into 1-inch pieces**
- **4 cloves garlic, finely chopped**
- **2 pounds plum tomatoes, seeded and chopped**
- **½ teaspoon salt**
- **½ teaspoon red pepper flakes**
- **1 cup fresh basil leaves**
- **2 swordfish steaks (about 12 ounces each), 1 inch thick**
- **¼ teaspoon salt**
- **¼ teaspoon black pepper**
- **Cooked angel hair pasta (optional)**

❶ Heat oil in a large nonstick skillet over medium heat. Add eggplant and cook, covered, for 8 minutes, stirring occasionally. Add garlic and cook 1 minute. Stir in tomatoes, salt and red pepper flakes. Simmer 10 minutes, covered, stirring occasionally. Tear in basil leaves.

❷ Meanwhile, heat grill or broiler to medium-high. Cut each swordfish steak in half and season both sides with salt and pepper. Grill or broil for 4 to 5 minutes per side, until fish is cooked through.

❸ Spoon sauce over fish and serve with pasta, if desired.

PER SERVING 345 calories; 14 g fat (3 g sat.); 36 g protein; 21 g carbohydrate; 9 g fiber; 594 mg sodium; 62 mg cholesterol

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Francois Burger

A flame-grilled patty topped with light mustard sauce, peppery arugula and mmmmm… sharp Roquefort cheese.

How to make it:

1

Stir together 1 tbsp. of mustard and 1 tbsp. of sour cream in a small bowl.

2

Throw your patty on the grill and cook according to package instructions.

3

When the patty's done, put it on a bun and top it with the mustard mixture, 1/3 cup of baby arugula and 1 tbsp. of crumbled Roquefort cheese.

4

Go ahead and enjoy being good to yourself.

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GRILLED TURKEY WITH CORN, TOMATO & SWEET PEPPER SALSA

MAKES 4 servings **PREP** 15 minutes
REFRIGERATE 1 hour
GRILL 4 minutes

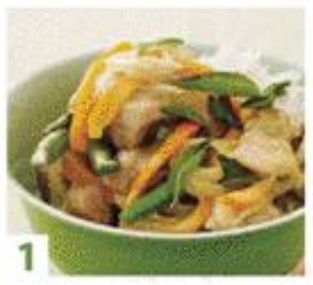
- 1½ pounds ripe tomatoes, seeded and chopped
- 1½ cups fresh corn kernels
- 1 large sweet red pepper, seeded and chopped
- ¾ cup fresh cilantro leaves, coarsely chopped
- 1 jalapeño pepper, seeded and finely chopped
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lime juice
- ¾ teaspoon salt
- 1¼ pounds turkey cutlets
- ¼ teaspoon black pepper
- Lime wedges

❶ In a large bowl, stir together tomatoes, corn, red pepper, cilantro, jalapeño, olive oil, lime juice and ½ teaspoon of the salt. Cover and refrigerate for 1 hour.

❷ Heat grill to medium-high. Season the turkey with the remaining ¼ teaspoon salt and the pepper.

❸ Grill turkey about 2 minutes per side or until cooked through. Serve warm or at room temperature with the salsa and extra lime wedges.

PER SERVING 462 calories; 12 g fat (4 g sat.); 34 g protein; 53 g carbohydrate; 7 g fiber; 461 mg sodium; 67 mg cholesterol



1. CURRY CHICKEN & GREEN BEANS

MAKES 6 servings
PREP 15 minutes
COOK 18 minutes

- 1¼ pounds green beans, trimmed
- 1 tablespoon vegetable oil
- 2 cloves garlic, finely chopped
- 2 tablespoons green curry paste (such as Thai Kitchen)
- 1 can (13½ ounces) light coconut milk
- 1 cup low-sodium chicken broth
- 1 tablespoon fish sauce
- 2 teaspoons sugar
- 2 teaspoons cornstarch
- ½ teaspoon salt
- 1½ pounds boneless, skinless chicken thighs, cut into 1-inch pieces
- 1 large onion, halved and thinly sliced
- 2 sweet orange peppers, seeded and thinly sliced
- ½ cup Thai basil leaves
- 4½ cups cooked jasmine rice

❶ Bring a large pot of lightly salted water to a boil. Add green beans; cover and cook for 4 minutes or until crisp-tender. Drain and set aside.

❷ Heat oil in a large, deep nonstick skillet over medium-high heat. Add garlic and cook 30 seconds. Add curry paste and cook an additional 30 seconds. Whisk in coconut milk, chicken broth, fish sauce, sugar, cornstarch and salt. Bring to a boil; reduce heat and simmer 4 minutes. Add chicken and onion; cook, stirring, for 7 minutes.

❸ Stir in peppers and reserved green beans. Cook 2 minutes to heat through. Tear in the basil. Serve with cooked jasmine rice.

PER SERVING 473 calories; 13 g fat (5 g sat.); 34 g protein; 54 g carbohydrate; 7 g fiber; 693 mg sodium; 56 mg cholesterol

2. KUNG PAO STEAK & VEGETABLES

MAKES 6 servings
PREP 15 minutes
COOK 13 minutes

- ¼ cup low-sodium soy sauce
- 3 tablespoons rice vinegar
- 1 teaspoon sugar
- 1 teaspoon chili paste
- 1 tablespoon vegetable oil
- 1¼ pounds skirt steak, thinly sliced against the grain
- ½ onion, peeled and chopped
- 3 cloves garlic, finely chopped
- 4 cups broccoli florets (about 1 small head; see Note)
- 1 sweet red pepper, seeded and chopped
- 6 ounces Baby Bella mushroom caps (stems removed), quartered
- 2 ribs celery, sliced
- ¼ cup peanuts
- 4½ cups cooked white rice

❶ Whisk together soy sauce, vinegar, sugar and chili paste; set aside.

❷ Heat oil in a large nonstick skillet over medium-high heat. Add beef; cook for 2 minutes. Remove to a plate; keep warm.

❸ Add onion and garlic to skillet and cook 1 minute. Add broccoli, red pepper, mushrooms and celery; cover and cook, stirring occasionally, for 8 minutes or until broccoli is tender.

❹ Stir in beef, any accumulated juices and soy sauce mixture. Heat through, about 2 minutes. Sprinkle peanuts over the top.

❺ Serve immediately with cooked white rice.

PER SERVING 420 calories; 14 g fat (4 g sat.); 28 g protein; 46 g carbohydrate; 4 g fiber; 518 mg sodium; 54 mg cholesterol

Note: If desired, peel broccoli stems and slice into coins. Add to skillet with florets.

3. MIDDLE EASTERN STUFFED ZUCCHINI

MAKES 4 servings
PREP 15 minutes
MICROWAVE 8 minutes
COOK 10 minutes
BAKE at 400° for 10 minutes

- 4 medium zucchini (about 6 ounces each)
- 1 tablespoon olive oil
- 1 green pepper, seeded and chopped
- ½ medium-size onion, chopped
- 2 cloves garlic, chopped
- 1 pound ground chicken
- ¼ cup golden raisins
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground cinnamon
- ½ cup shredded cheddar cheese
- 2 tablespoons pine nuts

❶ Cut zucchini in half lengthwise. Using a small spoon, carefully scoop out flesh, leaving a ¼-inch-thick shell around edges. Discard flesh.

❷ Place half of the zucchini, cut-side down, in an 11 x 7 x 2-inch glass baking dish. Add **½ cup water** and cover with plastic wrap, venting one corner. Microwave 4 minutes. Place cooked zucchini in a large baking dish. Repeat with remaining zucchini.

❸ Meanwhile, heat oven to 400°. In a large nonstick skillet, heat oil over medium heat. Add green pepper, onion and garlic; cook 5 minutes, stirring occasionally. Crumble in chicken. Stir in raisins, salt, pepper and cinnamon. Cook 5 minutes, stirring occasionally. Turn off heat and stir in cheese.

❹ Fill each zucchini half with about ⅓ cup stuffing, then sprinkle the pine nuts over tops. Bake at 400° for 10 minutes. Serve immediately.

PER SERVING 379 calories; 23 g fat (8 g sat.); 26 g protein; 22 g carbohydrate; 4 g fiber; 473 mg sodium; 152 mg cholesterol ●

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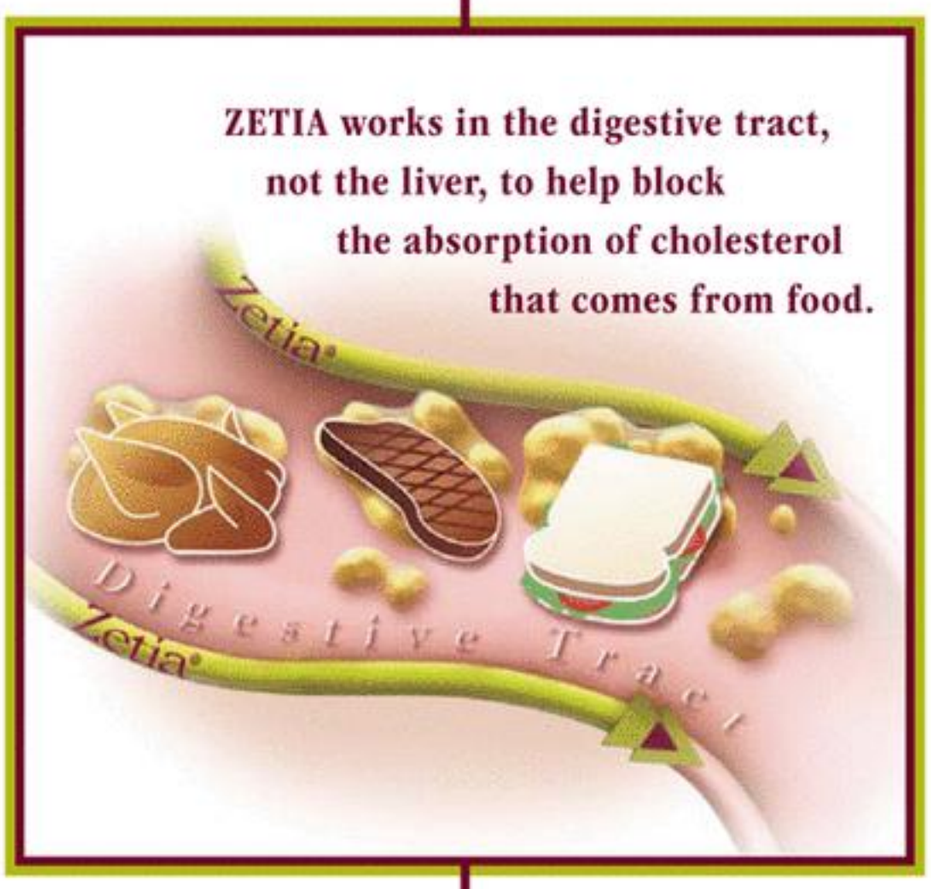
ZETIA Helps Fight Cholesterol Differently.

ZETIA helps lower cholesterol differently. Statins, the most common cholesterol-lowering medicines, are a good option. They work mainly with the liver. ZETIA works in the digestive tract, as do some other cholesterol-lowering medicines.

But ZETIA is unique in the way it helps block the absorption of cholesterol that comes from food.

Unlike some statins, ZETIA has not been shown to prevent heart disease or heart attacks.

A healthy diet and exercise are important, but sometimes they're not enough to get your cholesterol where it needs to be. ZETIA can complement your efforts. When added to a healthy diet, ZETIA can lower bad cholesterol (LDL) by an average of 18%. Individual results may vary.



Important Risk Information About ZETIA: ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. If you have ever had liver problems, are nursing or pregnant or may become pregnant, a doctor will decide if ZETIA alone is right for you.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. In clinical studies, patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and tiredness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the more detailed information about ZETIA on the adjacent page. For more information, call **1-800-98-ZETIA** or visit **zetia.com**.

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To find out if you qualify, call 1-800-347-7503.

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ZETIA® (EZETIMIBE) TABLETS
PATIENT INFORMATION ABOUT *ZETIA* (zĕt´-ē-ă)

Generic name: ezetimibe (ĕ-zĕt´-ĕ-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS *ZETIA*?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE *ZETIA*?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING *ZETIA*?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE *ZETIA*?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF *ZETIA*?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT *ZETIA*

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:
Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

Issued July 2009
REV 21
29480885T

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Very Raspberry Pie

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Sugar Snap Pea & Berry Salad

PAGE 188

photography by **James Baigrie**

Recipes developed by the Kreder family farm of Jefferson, Oregon, and tested in the **Family Circle**® kitchens

BERRY BASICS

- Nutrition-wise, blueberries, blackberries and raspberries rule—they're high in fiber, packed with antioxidants and vitamins, and have a low glycemic index (dietician-speak for how fast any given food is likely to raise your blood sugar). For maximum health benefits, aim for one serving a day.
- To store raspberries and blackberries, place in a shallow, paper-towel-lined pan, uncovered, in the refrigerator for 2 to 3 days tops. Leave blueberries in the plastic pack or transfer to a covered bowl; use within 10 days.
- Never wash berries until just before you plan to eat them.

Curried Chicken Salad with Blackberries

PAGE 188

Food styling: Sara Neumeier. Prop styling: Megan Hedgpeth.

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Pork Chops with Raspberry Sauce

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FIESTA CHICKEN DRUMMETTES

Serves: 5 • Serving Size: about 2 drummettes (90g.)
Prep Time: 5 min. • Cook Time: 30 to 35 min.

Ingredients:

4 tsp. Mrs. Dash® Fiesta Lime Seasoning Blend
1 lb. chicken drummettes
1 Tbsp. olive oil

Directions:

1. Preheat oven to 350°F.
2. Lightly brush the chicken drummettes with olive oil.
3. Sprinkle Mrs. Dash® Fiesta Lime Seasoning Blend on all sides.
4. Bake for 30 minutes or until chicken is fully cooked.

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BLUEBERRY-RASPBERRY CRISP

MAKES 8 servings
PREP 15 minutes **BAKE** at 350° for 55 minutes

BERRY MIXTURE
- 4 cups blueberries
- ½ cup light-brown sugar
- ¼ cup all-purpose flour
- Juice and zest from 1 large orange
- 2 cups raspberries

TOPPING
- ¾ cup all-purpose flour
- ⅔ cup light-brown sugar
- ½ teaspoon ground cinnamon
- ½ cup (1 stick) cold, unsalted butter, cut into small pieces
- ½ cup rolled oats
- ¼ cup chopped pecans

❶ Heat oven to 350°.

❷ **Berry Mixture**: In large bowl, mix together blueberries, ½ cup light-brown sugar, flour, orange juice and zest. Place into a 6- to 8-cup baking dish. Evenly scatter raspberries over the top.

❸ **Topping:** In another large bowl, whisk together flour, brown sugar and cinnamon. Cut in butter until crumbly. Stir in oats and pecans.

❹ Sprinkle topping evenly over berry filling. Bake at 350° for 55 minutes, until bubbly. Allow to cool 15 minutes before serving.

PER SERVING 383 calories; 15 g fat (7 g sat.); 4 g protein; 62 g carbohydrate; 5 g fiber; 16 mg sodium; 30 mg cholesterol

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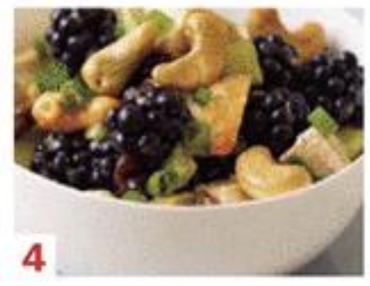
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1. SUGAR SNAP PEA & BERRY SALAD

MAKES 4 servings
PREP 15 minutes **COOK** 2 minutes **REFRIGERATE** 30 minutes

- ½ pound sugar snap peas, trimmed
- 1 cup fresh raspberries
- 2 tablespoons olive oil
- 1 tablespoon raspberry vinegar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ⅛ teaspoon sugar
- 1 cup fresh blueberries
- ⅓ cup toasted walnuts
- Splash lemon juice
- 2 cups mixed salad greens

❶ Bring a large pot of water to a boil. Add snap peas; cook for 2 minutes. Drain and rinse under cold water. Set aside.

❷ Crush 1½ tablespoons of the raspberries through a strainer into a bowl. Discard pulp. Whisk olive oil, vinegar, salt, pepper and sugar into strained juice.

❸ In large bowl, toss dressing with snap peas, remaining raspberries, blueberries, walnuts and lemon juice. Cover and chill for 30 minutes. Toss with greens and serve.

PER SERVING 202 calories; 14 g fat (2 g sat.); 4 g protein; 16 g carbohydrate; 6 g fiber; 163 mg sodium; 0 mg cholesterol

2. PORK CHOPS WITH RASPBERRY SAUCE

MAKES 4 servings
PREP 15 minutes **COOK** 20 minutes **BAKE** at 350° for 10 minutes

- 1 cup fresh raspberries
- ⅓ cup sugar
- ¼ cup raspberry vinegar
- ⅛ teaspoon ground ginger
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground cloves
- 1 tablespoon butter
- 4 rib pork chops, 1 inch thick, about 7 ounces each
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon rubbed sage

❶ In a medium saucepan, combine raspberries, sugar, vinegar, ginger, nutmeg and cloves. Stir in **½ cup water** and bring to a boil, crushing raspberries with a wooden spoon. Simmer, uncovered, 10 minutes, stirring occasionally. Take off heat; stir in butter. Keep warm.

❷ Heat oven to 350°. Place a grill pan over medium-high heat. Season the pork chops with salt, pepper and sage. Lightly grease grill pan and grill pork chops 5 minutes per side. Place chops in baking dish and bake for 10 minutes or until internal temperature registers 150° on an instant-read thermometer. Allow to stand for 5 minutes. Serve pork chops with warm sauce on the side.

PER SERVING 307 calories; 13 g fat (6 g sat.); 31 g protein; 16 g carbohydrate; 2 g fiber; 374 mg sodium; 94 mg cholesterol

3. VERY RASPBERRY PIE

MAKES 8 servings
PREP 20 minutes **COOK** 2 minutes **REFRIGERATE** 3 hours

- 3 cups fresh raspberries
- ½ cup granulated sugar
- 4 teaspoons cornstarch
- 1 package (8 ounces) cream cheese, softened
- 1 cup whipped topping
- 1 cup confectioners' sugar
- 1 purchased graham cracker crust (9 ounces)
- Additional berries for garnish, optional

❶ Mash 2 cups of the raspberries in a medium saucepan. Place over medium-high heat. Add granulated sugar, cornstarch and **¼ cup water.** Bring to a boil, stirring, constantly. Cook, stirring for 2 minutes. Cool to room temperature.

❷ In large bowl, beat cream cheese, whipped topping and confectioners' sugar until smooth.

❸ Spread cream cheese mixture evenly over bottom of prepared crust. Arrange remaining raspberries around edge of crust. Spoon cooled raspberry sauce over the top. Garnish with additional berries, if desired. Refrigerate 3 hours.

PER SERVING 412 calories; 19 g fat (9 g sat.); 4 g protein; 59 g carbohydrate; 3 g fiber; 267 mg sodium; 31 mg cholesterol

4. CURRIED CHICKEN SALAD WITH BLACKBERRIES

MAKES 4 servings
PREP 15 minutes **COOK** 10 minutes **REFRIGERATE** 30 minutes

- 3 tablespoons olive oil
- 1 pound boneless, skinless chicken breasts
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ⅓ cup light mayonnaise
- 2 tablespoons mango chutney
- 1 tablespoon lemon juice
- 1½ teaspoons curry powder
- ¼ teaspoon ground ginger
- ¼ cup raisins
- 1 celery rib, chopped
- 1 scallion, chopped
- 1½ cups blackberries
- ½ cup roasted salted cashews

❶ Heat 1 tablespoon of the olive oil in a large skillet over medium-high heat. Season chicken with salt and pepper. Sauté for 5 minutes per side or until internal temperature registers 160° on an instant-read thermometer. Cool and cut into ½-inch pieces.

❷ In large bowl, combine remaining 2 tablespoons olive oil, mayonnaise, mango chutney, lemon juice, curry powder and ginger. Stir in chicken, raisins, celery and scallion. Gently stir in berries. Refrigerate for at least 30 minutes. Just before serving, sprinkle with cashews.

PER SERVING 464 calories; 28 g fat (4 g sat.); 30 g protein; 26 g carbohydrate; 4 g fiber; 576 mg sodium; 73 mg cholesterol ●

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THE BIG CHILL

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BY JULIE MILTENBERGER

FROZEN WHOOPIE PIES

/ PAGE 197 /

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BLACK FOREST ICEBOX PUDDING

/ PAGE 197 /

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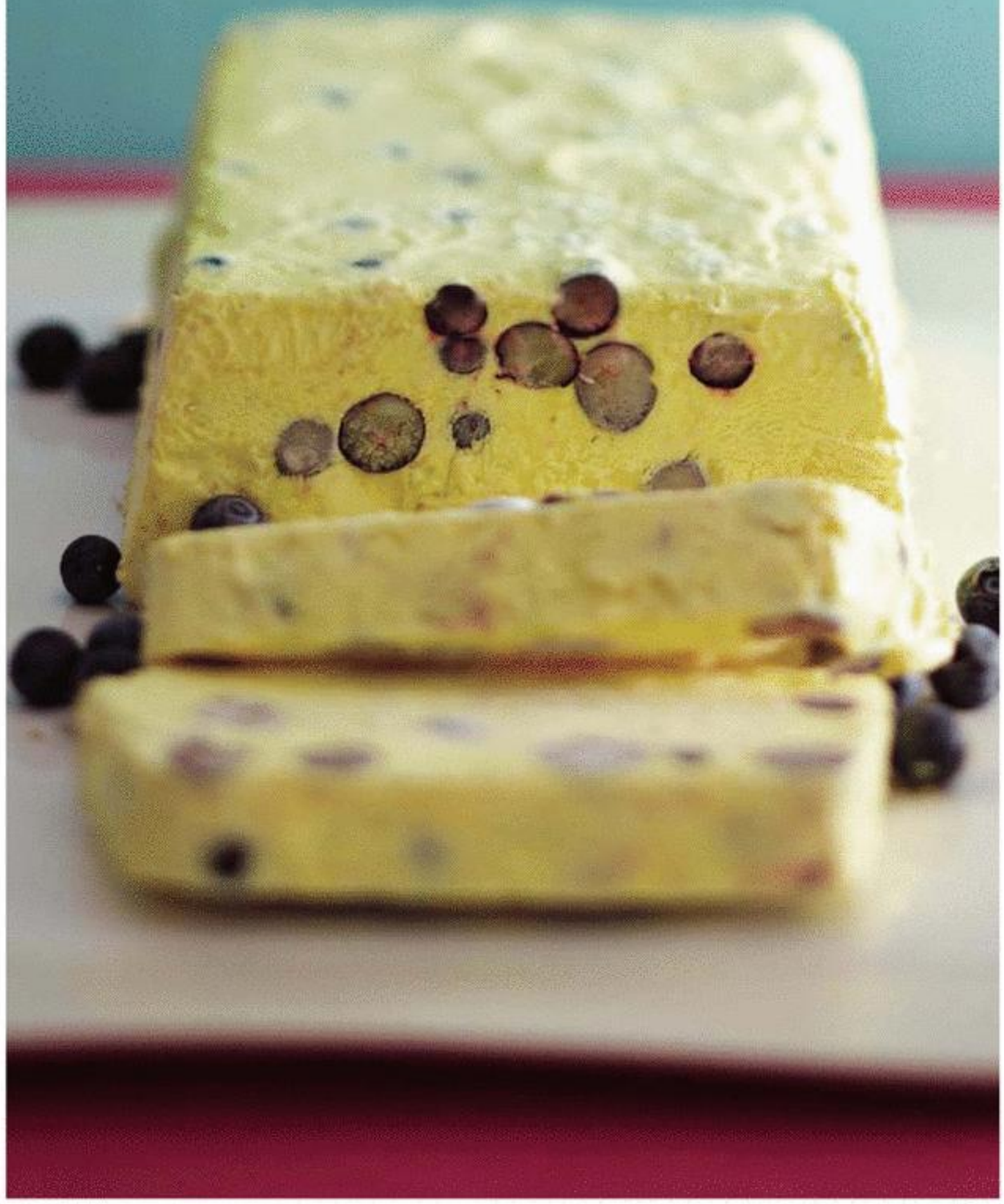
LEMON SEMIFREDDO

MAKES 10 servings **PREP** 10 minutes **FREEZE** 4 hours or overnight **REST** 15 minutes

- 1 pint lemon ice cream (such as Häagen-Dazs)
- 1 cup heavy cream
- 1 tablespoon honey
- 2 drops yellow food coloring (optional)
- 1 package (6 ounces) fresh blueberries
- 14 lemon or shortbread cookies, coarsely crushed

1. Soften ice cream on counter for 10 minutes. Meanwhile, coat a 9 x 5 x 3-inch loaf pan with nonstick cooking spray. Line pan with plastic wrap.
2. In large bowl, beat cream and honey to stiff peaks, about 3 minutes.
3. Beat ice cream mixture into whipped cream. Beat in food coloring, if using. Fold in berries and ⅔ cup of the crushed cookies.
4. Transfer ice cream mixture to pan. Tap gently on counter to release air bubbles. Press remaining cookie crumbs on top to adhere. Cover with plastic; freeze at least 4 hours or overnight. Use plastic to lift loaf from pan and invert on tray. After 15 minutes, slice and serve.

PER SERVING 238 calories; 16 g fat (9 g sat.); 3 g protein; 23 g carbohydrate; 0 g fiber; 66 mg sodium; 58 mg cholesterol



Food styling: Sara Neumeier. Prop styling: Christina Lane.

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{ REDUCED CALORIE }

FROZEN TIRAMISU

/ PAGE 197 /

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BANANA CREAM PIE

MAKES 8 servings **PREP** 10 minutes **BAKE** at 350° for 15 minutes **MICROWAVE** 15 seconds **REFRIGERATE** 3 hours

CRUST

- **20 coconut macaroon cookies (such as Manischewitz)**
- **¼ cup macadamia nuts**
- **2 tablespoons unsalted butter**

FILLING AND TOPPING

- **1⅓ cups low-fat milk**
- **1 box (3.4 ounces) vanilla instant pudding mix**
- **½ teaspoon banana extract**
- **2 ripe bananas, peeled and cut into ½-inch chunks**
- **½ teaspoon unflavored gelatin**
- **1 cup heavy cream**
- **1 tablespoon sugar**
- **2 tablespoons chopped macadamia nuts (optional)**

❶ Heat oven to 350°. Coat a 9-inch pie dish with nonstick cooking spray. **Crust**: Combine macaroons and macadamia nuts in a food processor. Pulse until ground to crumbs. Add butter; pulse until blended.

❷ Press crumbs into bottom and up side of prepared pie dish. Bake at 350° for 15 minutes. Cool on wire rack.

❸ **Filling and topping**: In large bowl, whisk milk, pudding mix and banana extract for 1 to 2 minutes, until mixture thickens. Fold in banana. Pour into crust.

❹ Combine **3 tablespoons water** and gelatin in a glass bowl. Let stand 5 minutes. Microwave for 15 seconds or until melted. Cool to room temperature.

❺ Beat heavy cream with mixer until it begins to thicken. Beat in gelatin mixture and then sugar. Beat to stiff peaks, then spread over top of filling. Refrigerate 3 hours, then top with chopped nuts, if desired.

PER SERVING 395 calories; 27 g fat (16 g sat.); 4 g protein; 41 g carbohydrate; 6 g fiber; 307 mg sodium; 50 mg cholesterol

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1. FROZEN TIRAMISU

MAKES 9 servings **PREP** 10 minutes
FREEZE 4 hours or overnight

- 1 pint coffee-flavored frozen yogurt
- 3 tablespoons chocolate sauce (such as Hershey's)
- 1 tablespoon instant coffee granules
- 1 container (8 ounces) frozen light whipped topping, thawed
- 1 package (3 ounces) soft ladyfingers
- 1 tablespoon cocoa powder

❶ Soften frozen yogurt on countertop for 10 minutes.

❷ Meanwhile, combine chocolate syrup, coffee granules and **1 tablespoon warm water** in a small bowl.

❸ In a large bowl, beat frozen yogurt with ⅔ cup of the whipped topping until good spreading consistency. Place half the ladyfingers on bottom of an 8 x 8 x 2-inch baking dish, spreading to cover as much as possible. Drizzle with 2 tablespoons of the chocolate mixture. Working quickly, spread with 1 cup of the frozen yogurt mixture. Top with 1 cup whipped topping. Repeat layers (ladyfingers, chocolate sauce mixture, frozen yogurt, whipped topping).

❹ Dust top with cocoa; cover with plastic wrap. Freeze at least 4 hours or overnight. Let soften slightly before serving.

PER SERVING 198 calories; 5 g fat (4 g sat.); 5 g protein; 33 g carbohydrate; 0 g fiber; 93 mg sodium; 49 mg cholesterol

2. BLACK FOREST ICEBOX PUDDING

MAKES 12 servings
PREP 10 minutes **COOK** 12 minutes
REFRIGERATE 6 hours or overnight

- 2 boxes (3.4 ounces each) chocolate cook-and-serve pudding mix
- ½ cup semisweet chocolate chips
- 3¾ cups 2% milk
- 1 bag (6 ounces) black-and-white sandwich cookies (15 cookies; such as Milano)
- 2 cups pitted sweet cherries or raspberries (plus more for garnish)
- 1 cup heavy cream
- 2 tablespoons sugar

❶ Combine pudding mix, chocolate chips and milk in a medium-size saucepan. Cook over medium heat, stirring, until mixture comes to a full boil, about 12 minutes. Cool 5 minutes.

❷ Spoon 1 cup pudding in bottom of an 8-cup bowl. Top with 7 cookies. Spread cookies with ¾ cup pudding. Layer with 1 cup cherries or raspberries. Top with 1 cup pudding and remaining 8 cookies. Spread with last ¾ cup pudding and remaining 1 cup fruit.

❸ Cover bowl. Refrigerate at least 6 hours or overnight. Remove from fridge and beat cream with sugar to medium-stiff peaks. Spread over pudding, leaving a small border at edge uncovered. Garnish with extra fruit. Serve chilled.

PER SERVING 328 calories; 17 g fat (9 g sat.); 6 g protein; 41 g carbohydrate; 2 g fiber; 141 mg sodium; 40 mg cholesterol

3. FROZEN WHOOPIE PIES

MAKES 12 servings
PREP 10 minutes
FREEZE at least 1 hour
BAKE at 375° for 13 minutes

ICE CREAM FILLING

- ½ gallon Neapolitan ice cream (in a rectangular container)

COOKIES

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- ½ teaspoon salt
- 1 cup (2 sticks) unsalted butter, softened
- 1 cup packed light-brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- ½ cup cocoa powder
- ¾ cup milk

❶ **Ice cream:** Cut packaging from ice cream. Slice ice cream crosswise into 6 slices, and place on 2 small baking sheets. Freeze 1 hour.

❷ Heat oven to 375°. Line two large baking sheets with nonstick foil. **Cookies:** Mix flour, baking powder, baking soda and salt in bowl. Beat butter and sugar in second bowl until creamy. Beat in eggs and vanilla. On low speed, beat in cocoa. Beat in flour mixture and milk in 3 additions, beginning and ending with flour.

❸ Drop 2 heaping tablespoons batter per cookie onto prepared sheets, spacing 3 inches apart. Spread into 2½-inch rounds with the back of a spoon (keep size equal since they will be sandwiched).

❹ Bake at 375° for 12 to 13 minutes or until cookies spring back when lightly touched in center. Cool on sheets 5 minutes. Remove cookies to rack to cool completely.

❺ Remove one sheet of ice cream from freezer. Working quickly, cut circles of ice cream with 3-inch cookie cutter. Sandwich two cookies and one ice cream round. Save ice cream scraps for snacking. Repeat with all cookies and ice cream. Wrap in plastic and freeze assembled whoopie pies at least 1 hour or until ready to eat.

PER SERVING 461 calories; 25 g fat (15 g sat.); 7 g protein; 55 g carbohydrate; 2 g fiber; 466 mg sodium; 106 mg cholesterol

CHICKEN, PORK, ZINGY MEXICAN-STYLE RICE—DIG IN.

LEMONY GARLIC CHICKEN THIGHS

MAKES 6 servings
PREP 10 minutes
SLOW COOK 3½ hours on HIGH or 5½ hours on LOW **COOK** 4 minutes

- **6 bone-in, skinless chicken thighs (about 2¼ pounds)**
- **5 garlic cloves, smashed**
- **1 tablespoon lemon zest**
- **⅓ cup lemon juice**
- **⅓ cup low-sodium chicken broth**
- **1 tablespoon cornstarch**
- **¼ teaspoon salt**
- **¼ teaspoon black pepper**
- **1 cup packed baby spinach, chopped**
- **8 ounces angel hair pasta**

1 Trim chicken thighs of any excess fat. Place them in the slow cooker bowl and scatter garlic cloves over top.

2 In a small bowl, stir together the lemon zest, juice and the chicken broth; pour half of it (about ⅓ cup) into slow cooker. Cover and cook for 3 hours on HIGH or 5 hours on LOW.

3 Remove chicken thighs to a platter and keep warm; discard garlic cloves. In a small bowl, stir together remaining ⅓ cup lemon juice mixture, cornstarch, salt and pepper. Whisk into slow cooker bowl with chopped spinach and cook another 30 minutes on HIGH or LOW.

4 Meanwhile, cook pasta according to package directions, about 4 minutes. Stir half of sauce from slow cooker bowl into pasta and serve remainder with chicken.

PER SERVING 376 calories; 8 g fat (2 g sat.); 42 g protein; 31 g carbohydrate; 2 g fiber; 301 mg sodium; 157 mg cholesterol

MEXICAN BROWN RICE CASSEROLE

MAKES 6 servings
PREP 10 minutes
SLOW COOK 3 hours on HIGH or 5 hours on LOW

- **1 large onion, chopped**
- **1 medium-size sweet red pepper, seeded and chopped**
- **2 garlic cloves, minced**
- **2 cups crushed tomatoes**
- **¾ cup medium-grain brown rice**
- **1½ teaspoons chili powder**
- **1 teaspoon dried oregano**
- **1 small jalapeño, seeded and chopped**
- **1 package (12 ounces) chicken sausage with habaneros (such as Aidells), cut into ½-inch-thick half-moons**
- **¼ cup chopped cilantro**
- **6 tablespoons reduced-fat sour cream**
- **Shredded cheddar cheese (optional)**

1 Stir together onion, pepper, garlic, tomatoes, rice, chili powder, oregano, jalapeño, sausage and **1½ cups water** in slow cooker bowl. Cover and cook on HIGH for 3 hours or LOW for 5 hours.

2 Stir in cilantro; serve with sour cream and cheddar cheese, if desired.

PER SERVING 264 calories; 9 g fat (3 g sat.); 16 g protein; 30 g carbohydrate; 3 g fiber; 666 mg sodium; 46 mg cholesterol

photography by **Ann Stratton**

Food styling: Michael Pederson. Prop styling: Leslie Siegel.

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Stork Tip

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SLOPPY JOES

MAKES 12 servings
PREP 15 minutes
SLOW COOK 3 hours on HIGH or 6 hours on LOW

- 1 package (20.8 ounces) ground turkey
- 2 carrots, peeled and finely chopped
- 1 medium-size onion, finely chopped
- 1 rib celery, finely chopped
- 1 garlic clove, minced
- 1 can (6 ounces) tomato paste
- 2 tablespoons cider vinegar
- 2 tablespoons light-brown sugar
- 1 teaspoon Worcestershire sauce
- ¾ teaspoon paprika
- ½ teaspoon dry mustard
- ½ teaspoon salt
- 12 hamburger buns

1. In slow cooker bowl, stir together ground turkey, carrots, onion, celery, garlic, tomato paste, vinegar, brown sugar, Worcestershire sauce, paprika and dry mustard. Cover and cook on HIGH for 3 hours or LOW for 6 hours, stirring turkey mixture halfway through cook time.

2. Stir in salt. Spoon ⅓ cup turkey mixture on each bun and serve immediately.

PER SANDWICH 226 calories; 6 g fat (2 g sat.); 14 g protein; 29 g carbohydrate; 2 g fiber; 383 mg sodium; 39 mg cholesterol

PINEAPPLE-GINGER-GLAZED PORK CHOPS

MAKES 4 servings
PREP 10 minutes **COOK** 7 minutes
SLOW COOK 3 hours on HIGH

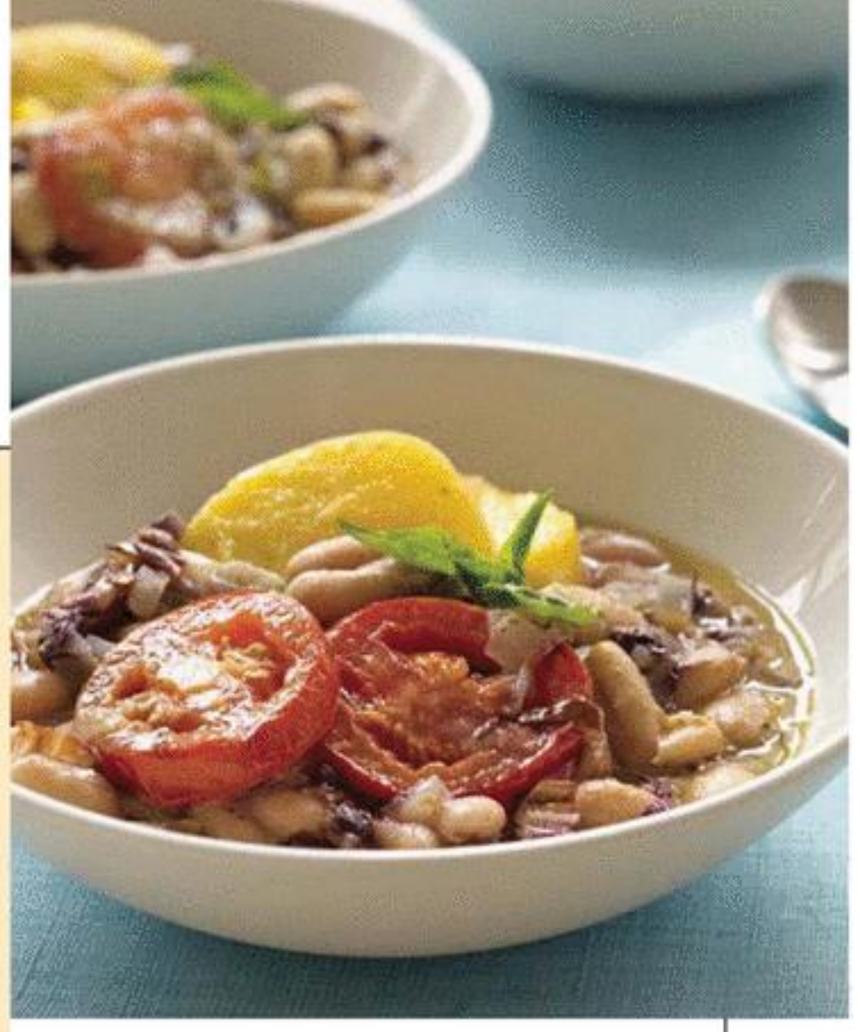
- ⅓ cup crushed pineapple
- 3 tablespoons ketchup
- 3 tablespoons low-sodium soy sauce
- 1½ tablespoons grated fresh ginger
- 1 tablespoon light-brown sugar
- 1 tablespoon olive oil
- 4 bone-in pork chops, about 1 inch thick (about 2½ pounds)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 large sweet red pepper, seeded and thinly sliced
- 1 tablespoon cornstarch
- 1½ cups fresh pineapple chunks, cut into ½-inch pieces
- 2 cups cooked white rice (optional)

1. In a small bowl, stir together crushed pineapple, ketchup, soy sauce, ginger and brown sugar; set aside.

2. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle pork with salt and pepper; cook 2 to 3 minutes per side. Place chops in slow cooker; top with red pepper. Pour in ⅔ cup ketchup mixture and cover; cook for 3 hours on HIGH.

3. Remove chops to a platter. Combine remaining ketchup mixture, cornstarch and pineapple chunks. Pour liquid from slow cooker into a saucepan; bring to a boil over medium-high heat. Whisk in ketchup mixture; cook 1 minute. Serve pork with sauce, and rice, if desired.

PER SERVING 524 calories; 31 g fat (10 g sat.); 40 g protein; 19 g carbohydrate; 2 g fiber; 839 mg sodium; 135 mg cholesterol



CHEESY VEGETABLE POLENTA

MAKES 8 servings
PREP 10 minutes
SLOW COOK 2½ hours on HIGH or 5 hours on LOW

- 2 cans (14.5 ounces each) cannellini beans, rinsed and drained
- ¼ cup pesto
- 1 medium-size onion, chopped
- 1 medium-size green pepper, seeded and chopped
- 1 teaspoon Italian seasoning
- 1 tube (18 ounces) prepared polenta, cut into ½-inch-thick slices (about 14)
- ¾ cup low-sodium chicken broth
- 1½ cups shredded Italian-blend cheese
- 4 cups chopped radicchio
- 2 plum tomatoes, thinly sliced

1. In a large bowl, stir together the beans, 2 tablespoons of the pesto, onion, green pepper and Italian seasoning. Place half of bean mixture in bottom of slow cooker. Layer half of polenta slices over top, pour ¼ cup chicken broth over polenta then sprinkle with ¾ cup cheese. Repeat layering one more time. Cover and cook for 2 hours on HIGH or 4½ hours on LOW.

2. Stir together remaining 2 tablespoons pesto and remaining ¼ cup chicken broth. Pour pesto mixture into slow cooker, add radicchio and gently stir to combine. Place tomato slices on top and continue cooking for another 30 minutes on HIGH or LOW. Serve immediately.

PER SERVING 245 calories; 9 g fat (4 g sat.); 12 g protein; 29 g carbohydrate; 6 g fiber; 686 mg sodium; 18 mg cholesterol

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flower power

A beautiful bouquet that's both centerpiece and dessert is a sweet gift for any hostess.

by Julie Miltenberger

MAKES 1 bouquet (4 to 6 servings)
PREP 20 minutes

- 1 small head iceberg lettuce
- ½ honeydew melon
- ½ pineapple
- ½ cantaloupe
- 8 to 10 strawberries
- 24 red seedless grapes
- Assorted bamboo skewers
- 1½-inch cookie cutter

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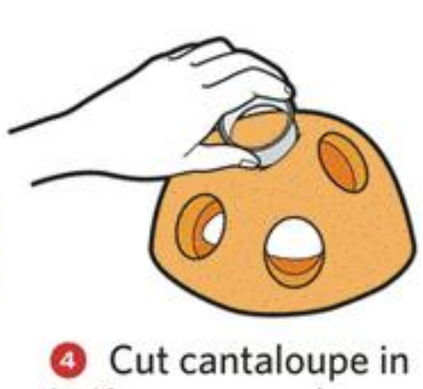
After you get the hang of the basic cutting and assembly techniques, experiment with more exotic fruits, such as kiwis or blood oranges—they add splashes of bright color. Consider adapting the design to work with whatever's in season. Another crowd-pleasing idea: Dip the strawberries in melted white or dark chocolate.

1 Cut a head of iceberg lettuce in half. Peel off a few outer leaves. Place lettuce cut-side down in your "planter."

2 Cut honeydew in half and scoop seeds from one half. Slice off peel, then cut melon into 1-inch "leaves." Place at edge of container.

3 Cut peel off pineapple, then cut fruit crosswise into ¾-inch slices. Use a 1½-inch cookie cutter to remove tough core.



4 Cut cantaloupe in half; scoop seeds from one half. Use same cutter to make circles. Press them into center of pineapple slices.

5 Insert skewer into lettuce, then slide fruit onto skewer. On additional skewers, thread 4 to 5 grapes or a strawberry.

Food styling: Liza Jernow. Prop styling: Christina Lane. Illustrations: Brown Bird Design.

photography by **David Prince**

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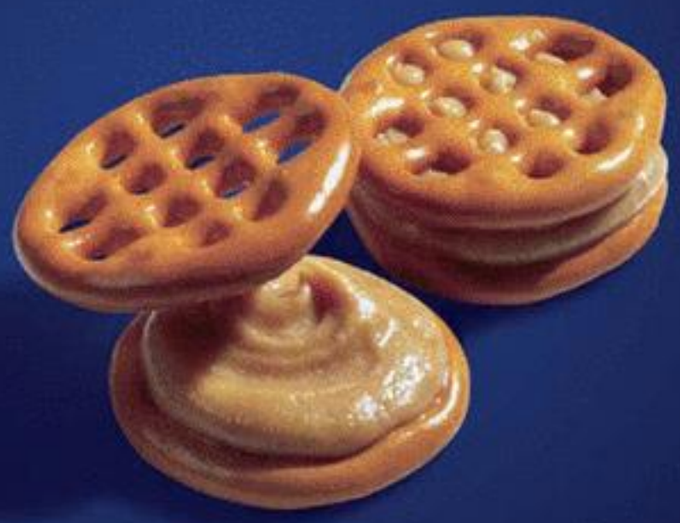

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on our cover

These are spectacular when summer is at its steamiest. For best results, assemble just before serving.

TROPICAL PARFAITS

MAKES 6 servings
PREP 20 minutes **COOK** 5 minutes

FRUIT

- 1 ripe mango, peeled, pitted and diced
- 1 cup pineapple chunks, diced
- 1 cup raspberries
- 1 cup blueberries
- 2 kiwifruit, peeled and diced
- 2 tablespoons honey

YOGURT LAYER

- 1½ cups 2% plain Greek yogurt (such as Fage)
- 2 tablespoons honey
- 6 tablespoons sweetened shredded coconut
- 6 rolled cookies

1 **Fruit**: In a large bowl, combine mango, pineapple, raspberries, blueberries, kiwi and honey. Stir gently to combine and set aside.

2 **Yogurt Layer**: In a medium-size bowl, whisk together the yogurt and 2 tablespoons honey. Chill until layering.

3 Place coconut in a small nonstick skillet. Heat over medium heat until toasted, stirring occasionally, 3 to 5 minutes. Remove from heat and cool.

4 Spoon 2 tablespoons fruit into bottom of an 8-ounce glass. Top with 1 tablespoon yogurt and a little coconut. Repeat layering one more time, finishing with coconut. Garnish with a cookie. Fill 5 more glasses with remaining fruit, yogurt, coconut and cookies and serve.

PER SERVING 249 calories; 7 g fat (5 g sat.); 7 g protein; 45 g carbohydrate; 4 g fiber; 66 mg sodium; 8 mg cholesterol

Food styling: Anne Disrude. Prop styling: Leslie Siegel.

photography by **Rita Maas**

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• from the editor

Page 6: No purchase necessary to enter or win. Subject to Official Rules and entry at www.momster.com. The Momster Tank Top Sweepstakes begins June 29, 2010 and ends August 10, 2010. Entries must be received by 11:59 P.M., E.T., on August 10, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per household. Void where prohibited. Sponsor: Meredith Corporation.

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THE BIG PICTURE

Page 25: Fiesta vibrant red frames, from $15.20, **Graphik Dimensions,** pictureframes.com. Cherry Checker cotton canvas pillow, $95, **Hable Construction,** hableconstruction.com.
Page 27: Gallery 13" square white frames, $19, **West Elm,** westelm.com.

• family

THRILLSVILLE

Page 102: No purchase necessary to enter or win. Subject to Official Rules and entry at momster.com/fc/hersheypark. The Hersheypark Sweepstakes begins June 28, 2010 and ends August 3, 2010. Entries must be received by 11:59 P.M., E.T., on August 3, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person (with a valid e-mail address). Void where prohibited. Sponsor: Meredith Corporation.

• style

Shot on location at Almond Smugglers Cove, St. Lucia, almondresorts.com or 758-450-0551.

STYLE NEWS

Page 113: Army Candy: Top, **So Low,** $51, solowstyle.com. (Left arm, left to right): **Bijoux Terner** (pink), $10, bijouxterner.com for locations; **R.J. Graziano** (gold), $38, 212-685-1248; **A.V. Max** (orange), $10, avmaxaccessories.com; **R.J. Graziano** (green, purple), both $38; **A.V. Max** (yellow), $10; **Bijoux Terner** (green), $10. (Right arm, top to bottom): **Sequin** (yellow), $48, 212-398-7363; **Bijoux Terner** (pink, green), $10 each; **R. J. Graziano** (orange, lime), both $38; **Bombay Fashions** (purple), $13, bombayfashions.com.
Page 114: Head Game, **Hat Attack,** $70, 773-281-2466. Q&A: **Oscar Blandi,** $20, Sephora stores. **L'Oreal Paris,** $9, drugstores. **Joico,** $15, joico.com for salon locations.

LINDA'S CLOSET

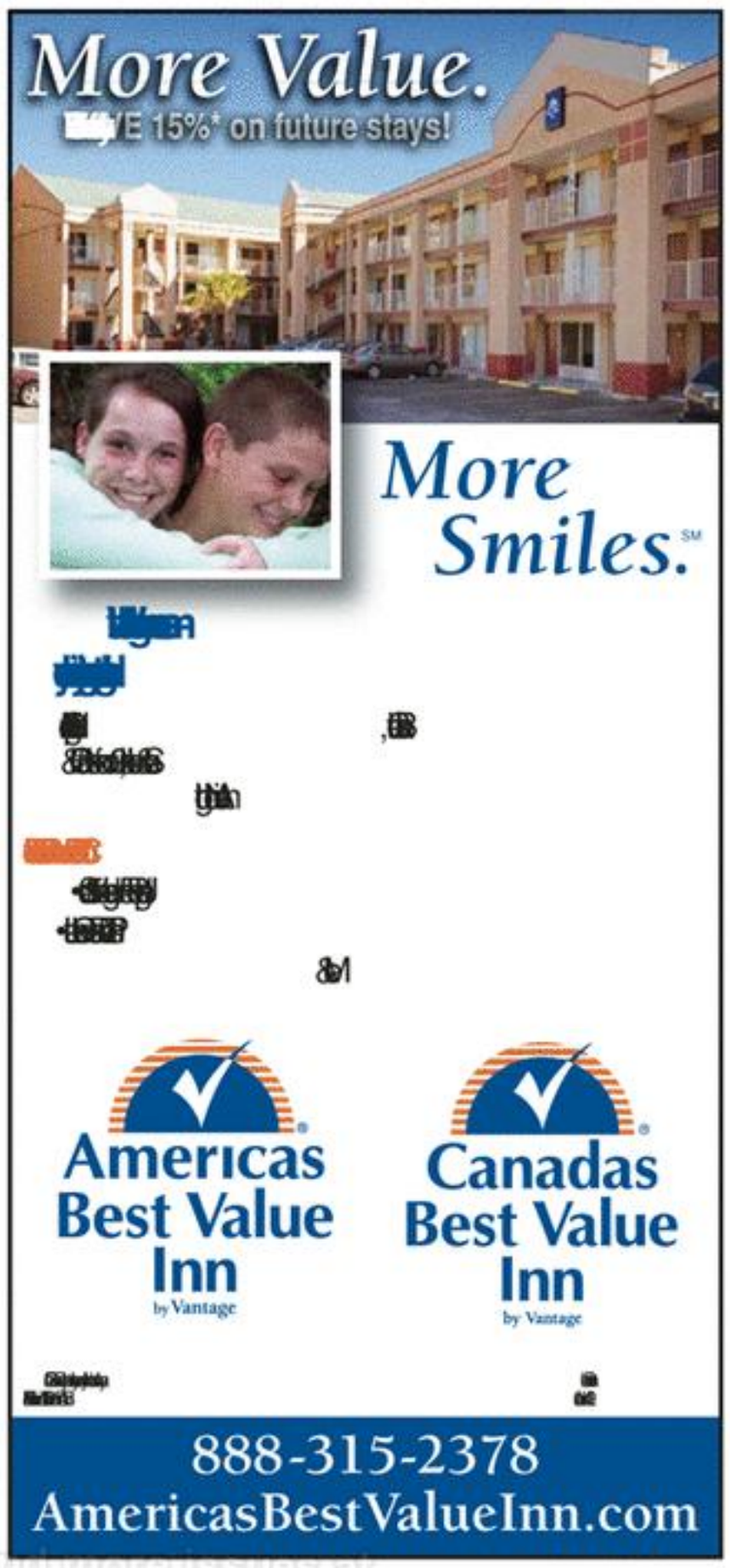
Page 116: Clogging Rights: **Rocket Dog,** $60, zappos.com. What I Want to Wear Now: Skirt, **Old Navy,** $29.50, Old Navy stores. Cami, **Aerie,** $29.50, ae.com.

BEAUTY BASICS

Page 120: Curl Power: **Sunsilk,** $5, Walmart. **Nexxus,** $10.50, drugstores. **Fekkai,** $23, fekkai.com.

WHITE WASH

Page 125: Light & Lively: Top, **Mushka by Sienna Rose,** $58, Macy's stores. Skirt, **Old Navy,** $29.50, Old Navy stores. Sandals, **Restricted Footwear,** $55, endless.com. Necklace, **Stephan & Co,** $24, alltherageonline.com. Belt, **Aèropostale,** $10, Aèropostale stores. Bangles, **SURevolution,** $24.50 each, surevolution.com.
Page 126: Comfort Zone: Tank, **J. Jill,** $49, jjill.com. Pants, **SONG Valerie Gregori Mckenzie,** $68, 305-936-0467. Scarf, **Echo,** $48, echodesign.com. Flower pin, **Stella & Dot,** $39, stelladot.com. Bracelets, **Cocobelle** (top), $20, 866-999-8447; **Agabhumi** (bottom), $16, agabhumi.com.
Page 127: Free Spirit: Shirt, **J. Jill,** $59, jjill.com. Tank, **H&M,** $18, hm.com. Pants, **LOFT,** $69.50, loftonline.com. Sandals, **Ocean Minded,** $26, oceanminded.com for retailers. Necklace, **Stephan & Co,** $24, alltherageonline.com. Belt, **Esprit,** $39.50, esprit.com. Bangles, **R.J. Graziano,** $25 each, 212-685-1248. Bracelet, **Sequin,** $58, 212-398-7363. Bag, **San Diego Hat Co.,** $48, sandiegohat.com.
Page 128: Mother Nature: Dress, **SONG Valerie Gregori Mckenzie,** $148, 305-936-0467. Neclace, **LOFT,** $49.50. Bangles, **R.J. Graziano,** $25 each, 212-685-1248. Clutch, **Laila Rowe,** $30, lailarowe.com.
Page 129: Sun Salutation: Top, **H&M,** $25, hm.com. Pants, **Esprit,** $69.50, esprit.com. Sandals, **Cocobelle,** $59, garnethill.com. Bracelets, **Andean Collection,** $24/each, theandeancollection.com. Necklace, **Colette Malouf,** stylist's own. ●



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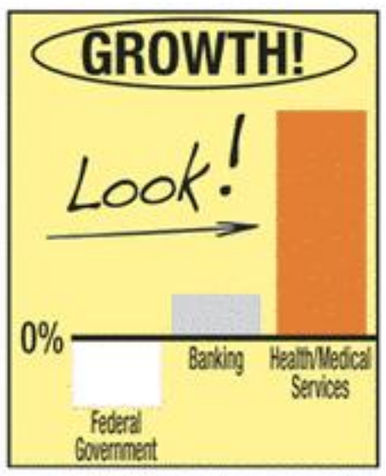

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MD224

Catherine Bell

Catherine Bell, 42, deserves a medal for pulling double duty—as a devoted mom on-screen on Lifetime's hit series *Army Wives* and off-screen to her 7-year-old daughter, Gemma (and a son who's due this month).

Life is too short not to be adventurous, says Catherine.

» How have real-life army wives reacted to your show? We've gotten a great response. Women have told me it's helped them get through tough times when their husbands were deployed. To know that fans can relate and feel something because of my work is incredible.

» Does Gemma know her mom's a star? I'm laughing because I just had lunch with Gemma in her school cafeteria, and I was surrounded by 6- and 7-year-olds asking me a hundred questions, like, "Are you famous?" "What's it like to be on a movie set?" "Gemma says you wear 2 pounds of makeup—is that true?" So my daughter definitely knows that not all moms act for a living. She and her friends love *The Good Witch* movies I've been in for the Hallmark Channel. But I explain that it's just another job—same as a mom who works at a bank or a restaurant.

» You relocated to Charleston, South Carolina, for the series. Is it true what they say about southern hospitality? Totally! It's wonderful here. We actually want to stay as long as possible, even after the show runs its course. It's so family-oriented, and everyone's sweet, polite and respectful.

» Is Gemma a fan of soul food yet? Oh, yeah. I actually just picked up some fried chicken for dinner. Charleston has what they call "low country" food that's really good, like crab cakes and shrimp and grits.

» Your husband, Adam, is a screenwriter who helps out at home a lot. How are his Mr. Mom skills? Everything is a team effort with us. He gets Gemma ready for school in the mornings and takes her to gymnastics, swimming and horseback riding. Even when she was a baby, he'd wake up for nighttime feedings so I could get enough sleep before a 5 A.M. call time. He's the best!

» How did your family upbringing differ from his? My relatives are really expressive. The first time Adam had dinner at my grandma's house, my Persian uncles ran up and yelled, "Adam!" before kissing him on both cheeks. He was like, "Whoa! Why are these men kissing me?" At the dinner table my relatives talk with their mouths full and reach across the table to get what they want, whereas a meal at his parents' house is very quiet and polite: "Can you pass the peas, please? Thank you."

» Are you sharing your Persian culture with Gemma? My mom and stepdad just moved to South Carolina to be closer to us, so they're teaching her to speak Farsi. My mom also cooks her kebabs over basmati rice.

» What makes you a proud mom? If the school bully is treating someone unfairly, Gemma won't allow it. She gets in there and says, "Hey, that's not okay." When I see her taking care of people like that, I feel so good. ●

facts of life »

Defining moment: "Being diagnosed with thyroid cancer at 21 helped me realize the importance of living each day to its fullest."

Guilty pleasures: "Chocolate cookies and peanut butter sandwiches, definitely!"

Daredevil duo: "Adam and I ride motorcycles and race sports cars. We love to try anything new and exciting."

Best parenting advice: "To keep a refreshed and relaxed attitude, and to take time for yourself and your marriage."

Supermom mornings: "When I wake up early enough to take Gemma to school and hit the gym before work."

Photo: Michael Doven.

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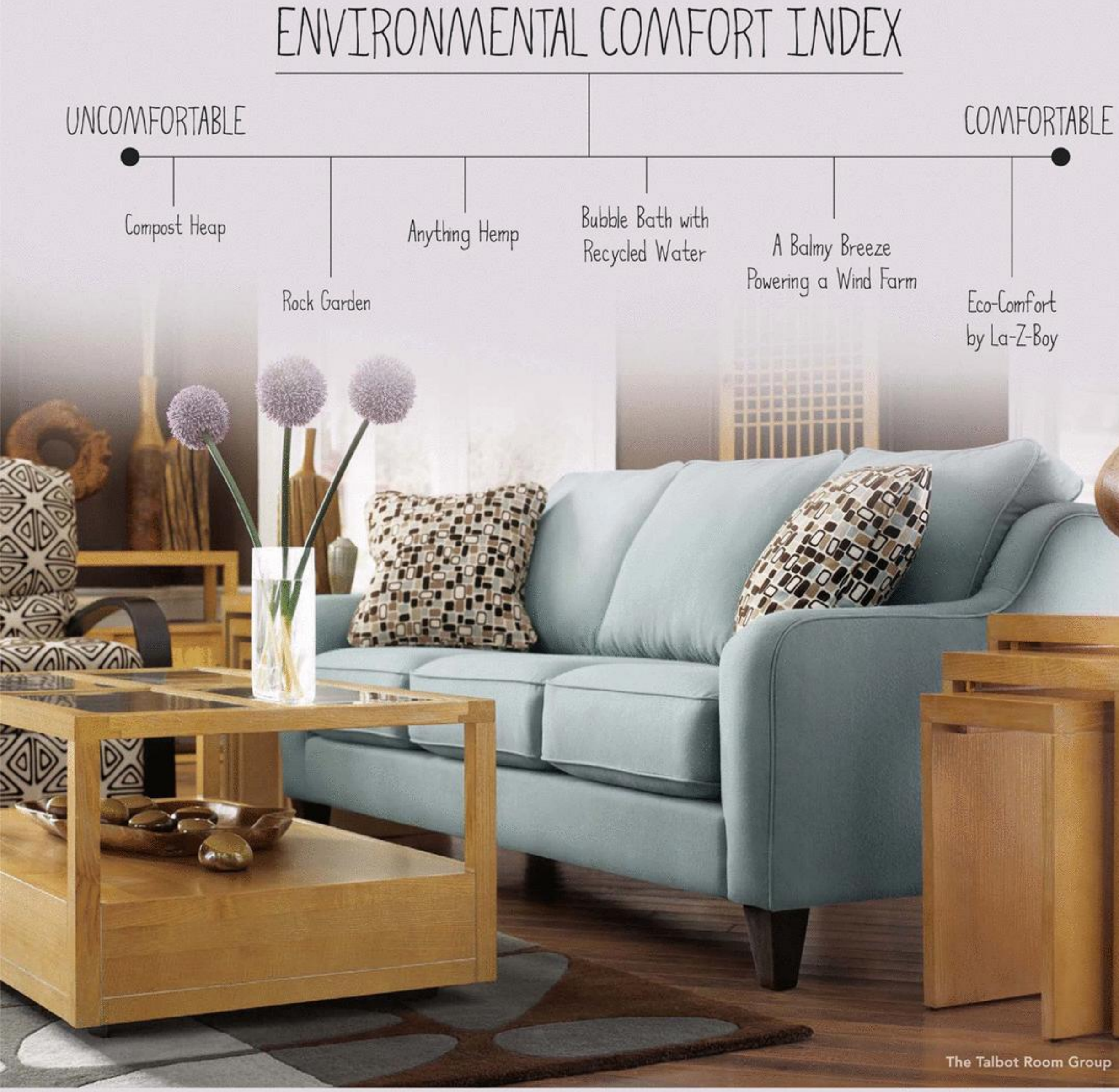

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